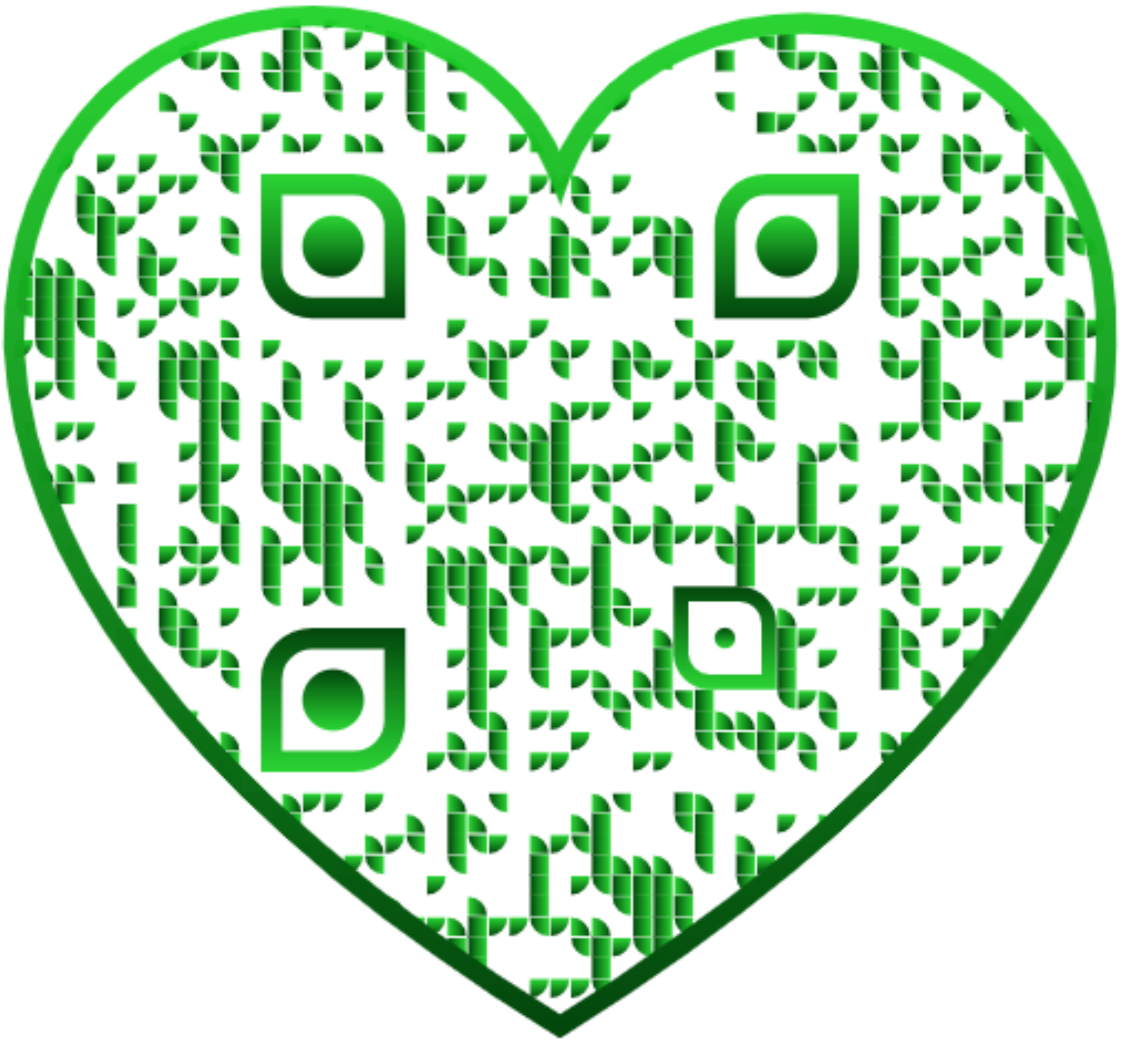
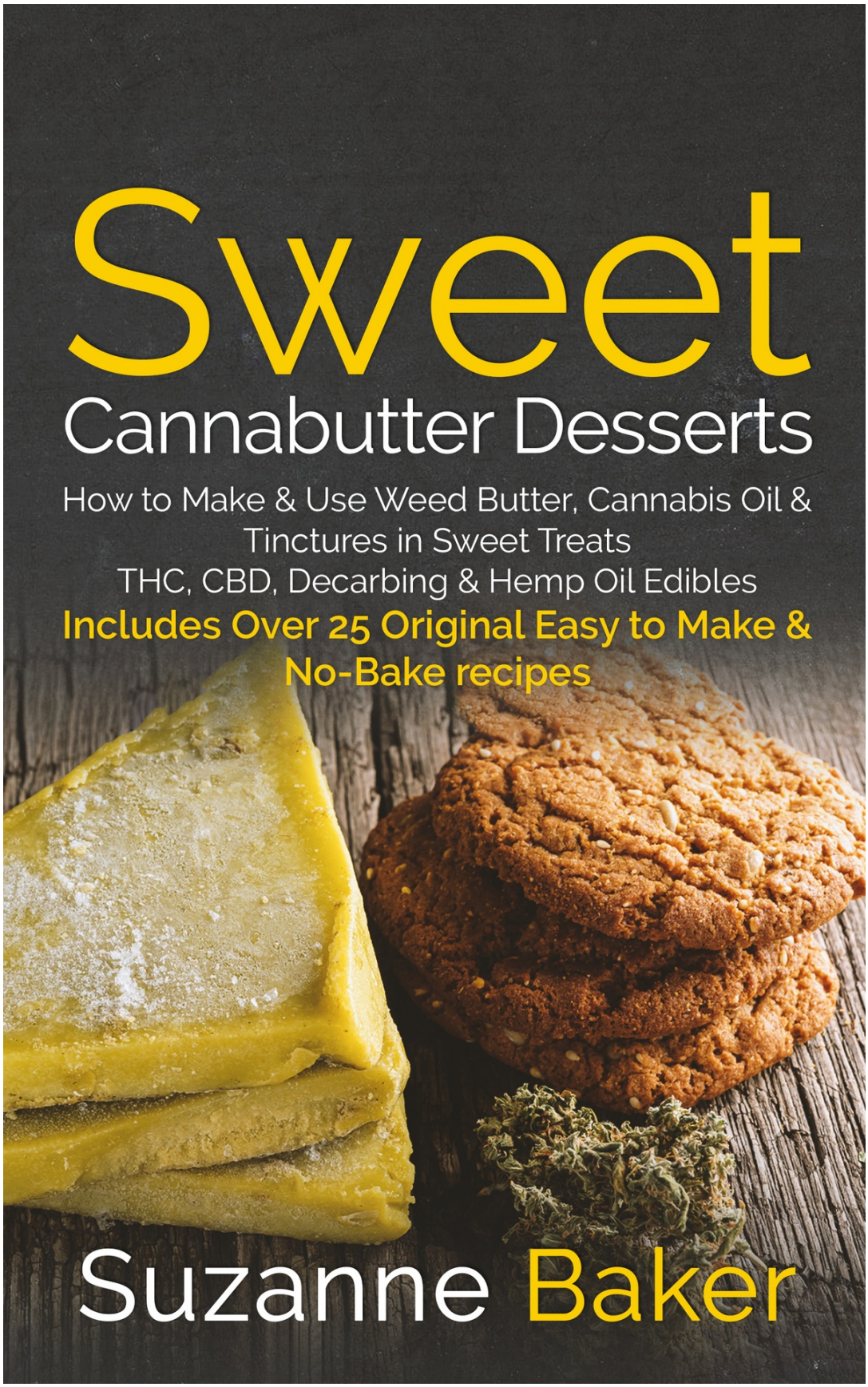
Sweet
Cannabutter Desserts

How to Make & Use Weed Butter, Cannabis Oil & Tinctures in Sweet Treats
THC, CBD, Decarbing & Hemp Oil Edibles

Includes Over 25 Original Easy to Make & No-Bake recipes

Suzanne Baker

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By

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Contents

Introduction

Chapter 1: Introduction to Cannabis

- Terms Related to Cannabis and Desserts
- What is Cannabis?
- The Difference Between Cannabis, Hemp, and Marijuana
- The Health Benefits of Cannabis
  - Weight Management
  - Regulation of Diabetes
  - Prevent the Development of Cancer
  - Helps Treat Depression
  - Autism Treatment in Children
  - Stop Seizures
  - Treat and Mend Bones
  - Helps with ADHD / ADD
  - Treatment for Glaucoma
  - Stop Anxiety
  - Reduces the Development of Alzheimer's Disease
  - Control Pain Associated with Arthritis
  - Treatment and Management PTSD Symptoms
  - Reduces Pain Associated with Multiple Sclerosis
  - Management of Hepatitis C
  - Management of Crohn's Disease
  - Treatment of Parkinson's Disease

Chapter 2: How to Prepare Cannabis Butter and Cannabis Oil

- Decarboxylation of Cannabis
  - Natural Decarbing
  - Oven Sheet Decarbing
- Recipes for Preparation of Cannabis/Hemp Butter from Fresh Buds
  - Cannabutter Recipe 1

Recipe 2: Directions for Slow Cooker
Cannabutter Recipe 3
Preparation of Cannabis Oil from Fresh Leaves
Preparation of Cannabis Tinctures
Chapter 3: Dessert Recipes Using Cannabis/Hemp Butter or Oil
Cannabis and Hemp Non-bake Recipes
Cannabis Butter Banana Cream Pie
Hemp Butter No-Bake Cookies
Hemp Butter No-Bake Cheesecake
Blueberry Lemon Heaven Dessert
Cannabis Biscuit and Cookies Recipes
Hemp Butter, Brown Sugar, and Chocolate Chips Cookies
Cannabis Biscuits
Cannabis Chocolate Chip Cookies
Cannabis and Chocolate Recipes
Cannabis Brownies
Cannabis Chocolate Cake
Cannabis Chocolate Pudding Cake
Cannabis Chocolate and Candy Recipes
Hemp Oil Quick Chocolate Candy Recipe
Chocolate Candy Recipe
Cannabis Custard and Pudding Recipes
Custard Pudding
Baked Custard Recipe
Cannabis Deep-fried Desserts
Hemp Butter Fried Dough Bites
Cannabis Homemade Churros
Cannabis Frozen Dessert Recipes
Cannabis Butter Triple Chocolate Frozen Recipe
Cannabis Butter Creamy Mocha Frozen Dessert
Black and White Frozen Dessert

- Cannabis Jellied Dessert Recipes
  - Cannabis Flummery Jelly Whip
  - Hemp Oil Fruit Jelly Squares
- Cannabis Pastries Recipes
  - Cannabutter Cheese Pastry
  - Quick and Flaky Pastries

Chapter 4: Storage and Dosage of Cannabis Products
- Storage and Dosage of Cannabutter
- Calculating THC and CBD in Cannabutter
- Converting Grams to Milligrams
- Arrive at the Right Dosage
- Storage of Cannabutter
- Storage and Dosage of Cannabis Oil
- Storage and Dosage of Cannabis Tinctures
- Storage and Dosage of Cannabis Desserts

Chapter 5: Precautions to Observe when Using Cannabis Products
- Who Should Not Use Cannabis Products
  - Children
  - Pregnant or Breastfeeding Women
  - People with a Family History of Certain Mental Disorders
  - People with Serious Liver, Kidney, Heart, or Lung Disease
  - People with a History of Depression
  - People Taking Other Medications
- How to Determine Cannabis Overdose
  - Extreme Anxiety or Panic Attacks
  - Psychotic Reactions
  - Impaired Judgment
  - A Fast Heart Rate, Chest Pain, or Heart Attack
  - Uncontrollable Shaking or Seizures
  - Pale Skin Color and Dried Lips
  - Unresponsiveness

Sudden High Blood Pressure with Headache
Nausea and Vomiting
How to Deal with Cannabis Overdose
Take a Nap
Take a Cold Shower
Drink Plenty of Water
Take Pain Killers
Visit the Emergency Room
Frequently Asked Questions about Cannabis Edibles
Conclusion

Introduction

Cannabis edibles are slowly becoming an integral part of everyday diet in most homes. More people are looking for ways to integrate cannabis into their daily diets in amounts that are healthy with minimum side effects. As more research is done on cannabis, more people are finding reasons to use cannabis and make it a part of their daily diet.

In this book, we will be looking at various ways to prepare cannabis butter and use the butter to prepare cannabis desserts. If you are interested in enjoying the health benefits of cannabis but do not want to smoke or vaporize the drug, you have the option of consuming it in your foods. One of the most important factors to keep at the back of your mind when using cannabis is that overdose can lead to addiction and severe side effects. For this reason, the rate of consumption of cannabis should be limited. One of the best ways to consume cannabis without the risk of overdosing or side effects is by preparing cannabis desserts.

The reason I chose to write this book is that my initial experience with cannabis was not so good. I wanted to start using cannabis, and I did not know of a better way than trying cannabis edibles. When I started trying out cannabis edibles, my first instinct was to prepare snacks. I ended up overdosing on cannabis regularly since I could consume the snacks throughout the day. To reduce my intake of the drug, I stopped taking my edibles for snacks and decided to reserve them for

desserts. Cannabis desserts present the perfect way to consume cannabis products in the right amounts. As you may already know, we do not need to consume too much of a dessert. The outcome of my experiment with desserts was epic. I realized that taking a small piece of my cannabis enriched cheesecake does not have any side effects. The beauty of it is that I prepare cannabis desserts that can be enjoyed with the entire family, including the kids.

In the past few years, I have been researching on ways to prepare the best desserts using cannabis. In my research, I have found cannabis butter and cannabis oil to be the most helpful cannabis products. As we will see later, most desserts are sweet pastries or products that can easily be prepared at home by the addition of cannabis/hemp butter or oil. In this book, we are going to look at over 25 unique dessert recipes from across the world. These desserts are of wide range, including pastries, cakes, chocolate, non- bake desserts, and candies, among others. For all of these desserts, we have provided a unique recipe with the right dosage of cannabis to help you prepare at home and enjoy with the entire family.

When you purchase this book, you should expect three things. First, the book is informative about cannabis. In the introductory chapter, we look at cannabis as a plant for its recreational and medicinal value. We do not just lead you into preparing cannabis desserts without helping you understand the importance of the herb. Like many other herbs, there are many myths and lies about cannabis. This book goes out of the usual lies to give you the facts about cannabis. We help you understand what cannabis is, what it is used for, and how it may affect your body when you start using it. If you are not using cannabis at the moment, this book will provide all the information that you need to start using it in the right way.

Secondly, this book gives you directions on how to use cannabis. Besides the general information, we have dedicated an entire chapter on how to use cannabis. We go into the details regarding the dosage of the drug, how to extract it, and how to use it in your foods. We also help you understand the possible side effects of overdosing on cannabis, how to detect an overdose, and the actions to take in case any person has an overdose. Unlike most books about cannabis, we help you find the right way to consume cannabis for both recreational and medicinal purposes. If you do not follow the proper consumption and precaution directions, you may easily find yourself addicted to cannabis.

Lastly, the book offers practical skills. This is not a textbook that offers plenty of

theories without practicality. If you enjoy cannabis and you are out to find new ways of using the herb, this book offers the most practical approach to enjoying cannabis. We show you ways you can process cannabis at home in the simplest and most practical way. We use everyday kitchen appliances to process cannabis right from the fresh buds to cannabis edibles in various types of desserts. We show you practical ways of extracting cannabis from cannabis buds and how to use your extracts.

This book offers a holistic approach to using cannabis for both recreational and medicinal users. If you are looking for a way to consume cannabis without getting high, this book offers the best guidance. At the same time, we show you the best ways of enjoying cannabis at home and get high without necessarily having to smoke. Welcome on board and enjoy reading the book as you learn the best ways to enjoy cannabis with your meals.

Chapter 1: Introduction to Cannabis

In this chapter, I am going to introduce you to cannabis. I assume that you already have an idea of what cannabis is and how it works. However, given that there are so many myths about cannabis out there, we need to clarify some facts. Most people who claim to know what cannabis is or how it is used often end up having some misleading information about the drug. Thankfully, science continues to provide reliable data about the drug, its uses, and its effects on users. In this chapter, we will look at some of the possible benefits of cannabis and try to differentiate between cannabis, marijuana, and hemp. These are some of the commonly used terms when referring to cannabis. I will help you understand what they mean and find a way of showing you what is true from what is a lie when we talk about cannabis.

With that said, we should not be too quick to move to the meat of the subject. Before we even start defining cannabis and looking at its benefits, we should look at some terms that we will be using throughout the book. These terms are important since they will make your work of understanding the book much easier.

Terms Related to Cannabis and Desserts

Access Point : The term access point is used in reference to a state-authorized dispensary where medicinal marijuana can be purchased.

Alcohol extraction : This refers to the process of extracting essential oils and trichomes from the cannabis plant using alcohol as the solvent. Cannabis buds and flowers do not dissolve in water, and therefore, alcohol and oils are used to dissolve in the extraction process.

Blasting: This refers to the process of creating Butane Hash Oil, an extract of cannabis that is similar to wax. Has oils are extremely potent extracts of cannabis that are often consumed for recreational purposes.

Bong: This refers to an instrument used to smoke cannabis leaves or flowers. Bongs are either made out of glass or ceramic.

Bud: The term bud is often used when referring to the flowers of mature cannabis. When cannabis is harvested, it is either the flowers or the leaves that are picked up. The flowers (buds) are the most potent part of a cannabis plant and are the ones used in most recipes, as we will see later.

Budder : This refers to a type of cannabis concentrate that is similar to hash oils or wax. It is consumed through vaporization and is mainly consumed for recreational purposes.

Budtender: A budtender is similar to a bartender except that the budtender serves cannabis to the customers. A budtender is an employee of a dispensary that sells cannabis products for medicinal or recreational use

Butane: Butane is a solvent used to extract cannabis concentrates such as hash oils, wax, etc.

Butane hash oil : This refers to a cannabis concentrate that is extracted by blasting cannabis buds with butane. The butane hash oils are among the most concentrated forms of cannabis and can be harsh on users.

Cannabidiol : Cannabidiol, or as popularly known CBD, is a cannabinoid found in all types of cannabis plants. Cannabis plants contain over 120 unique cannabinoids, and the most active is cannabidiol CBD and Tetrahydrocannabinol

(THC).

Cannabinoids: These are chemical compounds found in cannabis that offer various health benefits. The most potent cannabinoids are CBD and THC, as mentioned above.

Cannabis : Also known as marijuana, cannabis is a plant indigenous to Central Asia and the Indian Subcontinent. This plant has a psychoactive effect on users and is known for a variety of medicinal uses. There are three main classifications of cannabis; Indica, Sativa, and Ruderalis.

CBD: Short form of cannabidiol, a cannabinoid found in cannabis plants.

Cheeba: This is a street name for marijuana used depending on the demography and geography. It originated in South America but has spread to the rest of the world.

Closed-loop extraction: This refers to a chemical extraction of cannabis that involves the use of butane or propane in a closed chamber.

Closed-Loop System: An extraction system that does not expose the solvent to the environment. Solvents such as butane or propane are the commonly used options in closed-loop extractions.

CO2: Carbon dioxide or CO2 is a solvent used in extracting cannabis extracts from the buds or leaves.

CO2 extraction : This refers to the process of extracting cannabis concentrates through a CO2 chamber. In this process, liquid CO2 is pressurized to a supercritical state and used to blast cannabis buds.

Concentrates: Cannabis concentrates are forms of cannabis that are refined from the flowers and leaves of the plant. Cannabis concentrates contain THC and CBD in high amounts, which make them more active and beneficial to the users.

Cottonmouth: The term cottonmouth is used to refer to dry lips experienced in some people after consuming cannabis. Cottonmouth is one of the most common side effects of cannabis on users, especially when cannabis is smoked.

Crystals : The term crystal refers to the trichomes of cannabis that contain the

most beneficial part of the plant - THC and CBD.

Dabbing : This is a method of consuming cannabis concentrates such as butane hash oil and wax. The method uses a dabber, where the concentrate is placed and a dabber rig, which is used to pick the concentrates for consumption.

Dabs: The term dab is used when referring to small amounts of cannabis concentrates, such as wax or hash oils.

Dank : It is a street name commonly used when referring to marijuana or cannabis that is highly potent with THC.

Decarboxylate: This term is used to refer to cannabis that has undergone decarboxylation- A process where cannabis is heated on low heat to transform the inactive carboxylic acid into THC. If cannabis leaves or buds are not heated, they may never offer the intoxication effect caused by THC.

Diesel : This is a term used to refer to a specific strain of cannabis that has a sedative effect and a diesel smell. In other words, this strain of cannabis is highly intoxicating and has a pungent smell, similar to that of petroleum diesel.

Dispensary : A store that is legalized to sell cannabis products either for medicinal or recreational purposes. Dispensaries sell various forms of cannabis, including wax, has oils, shatter, tablets, etc.

Dry sieve hash: This is a type of cannabis extract that is made through an automatic extraction method. This method splits the trichomes making cannabis more intoxicating.

Earwax: A new slang term used to refer to hash oil. This is one of the most potent marijuana concentrates.

Edibles: Edibles are mainly marijuana-infused foods like the ones we will be preparing in this book. The edibles include any product that is enriched with cannabis that can be consumed orally. Edibles include drinks, pastries, and grilled foods, among others.

Errl : A street name for butane hash oils, a form of concentrated cannabis extracted by blasting with butane.

Ethanol: Also known as ethyl alcohol, is a solvent used in extracting cannabis

oils through an ethanol solvent process.

Extraction Artist: This refers to an individual who is licensed to extract cannabis trichomes and carries out the process for commercial purposes. Although you are allowed to extract cannabis trichomes at home for personal use, you might be fined if you are found extracting commercially. However, the legalities regarding the extraction of cannabis also depend on your jurisdiction.

Flowers: The flowers or buds of cannabis plants are thick, hairy parts of the blossom. The flowers of cannabis are more potent with THC and CBD and are the main source of cannabis extracts used in recipes.

Fresh Frozen : Fresh frozen cannabis refers to cannabis buds or leaves that are harvested and frozen immediately. This is a way of preserving the plant with its original matter until time for use. There are many ways of freezing cannabis buds for later use.

Full Melt: This refers to a type of hash that easily melts at the slightest application of heat. Some forms of hash cannot melt fully unless they are heated at extremely high temperatures.

Ganja: This is one of the most common street names used to refer to cannabis. This term originated from Jamaica, where it was used to refer to the flowers of Cannabis Sativa.

Green out: This is a street term used to refer to a person who has overdosed on cannabis. In alcohol consumption, a person who has taken too much alcohol is said to have a blackout. In cannabis, a person who takes too much of the drug beyond self-recognition is said to have a green out.

Grinders: The term grinder refers to a circular device made out of metal, steel, or wood that is used to break down marijuana to make rolls.

Haze: A popular strain of Cannabis Sativa that is characterized by stimulating an individual to work. Haze is known to make users more creative and energized. This strain of cannabis is popular among students and is often used by those who wish to be more productive at work.

HCFSE: This is an abbreviation for high- cannabinoid full-spectrum extract. It refers to a cannabis extract that is created through hydro carbonation.

Heirloom: This term is used when referring to a virgin strain of cannabis that has not been mixed with others. Today, it is not easy to come across original strains due to rampant cross-breeding.

Hemp: A type of cannabis Sativa that does not contain THC in significant amounts. THC is the psychoactive compound found in cannabis and is responsible for euphoric experience among cannabis users. However, hemp contains less than 0.3% of THC by volume and does not cause euphoria to users. We will look at hemp and other types of cannabis later.

Hybrid: The term hybrid is used when referring to cannabis that is obtained by cross-breeding two different strains. Hybrids can be produced accidentally or intentionally. In accidental breeding, the two strains are grown in the same garden, and insects end up mixing the seeds of the plant.

Hydrocarbon Extraction: This refers to an extraction process that mainly involves butane and other hydrocarbons.

Ice wax: This refers to a form of extremely fine hash that is extracted through water.

Indica: This is a classification of cannabis. As already mentioned, cannabis is classified into3 broad categories. These categories include Indica, Sativa, and Ruderalis.

Isopropyl Alcohol: A solvent that is mostly used in dissolving cannabis at home.

Joint: This refers to a roll similar to that of a cigarette filled with marijuana. Joints are the most popular way of consuming cannabis, although they are discouraged due to the side effects they pose to smokers.

Kief: This refers to cannabis dust that is collected at the bottom of a jar or any container used to store dried cannabis. Kief is a fine powder and is usually potent with THC.

Kind: This is a slang term used to refer to marijuana or highly potent cannabis strains.

Kush : This is a strain of cannabis belonging to the Indica classification. It is believed to have originated from the Hindu Kush and is known for its sedative

effect. Consequently, it is mostly used to treat insomnia and stress.

Landrace : This refers to wild-grown strains of cannabis. They include Indica, Sativa, and Ruderalis and are usually potent with the medicinal cannabinoids, just like the commercially farmed strains.

Licensed Facility: This refers to a facility that is fully licensed to process and distribute cannabis products.

Live resin: This refers to a production process where the plants used in extraction are harvested within 48 hours of the extraction process. In live resin extraction, the buds are fresh and are expected to offer the best quality of cannabis extracts at the end.

Marijuana: Marijuana is the most popular street name used to refer to Cannabis Sativa. The term marijuana is used in different places to mean different things. In some places, the term marijuana is used to mean cannabis as a whole. In other places, it is used to mean the intoxicating form of cannabis- which is mainly Cannabis Sativa.

Medical: The term medical in the marijuana world is used to mean the use of cannabis or cannabis extracts to treat or manage certain conditions. Medical marijuana is generally more accepted than recreational marijuana. Medical marijuana is not taken with the intention to get high. Those who use medical marijuana aim at treating ailments and often take it in prescribed doses.

Medicated: The term medicated is commonly used among cannabis smokers to refer to a person who is high on cannabis. This term does not apply to the use of cannabis for medical purposes. It is mostly applied when cannabis is overdosed, making the user high.

MIP : An abbreviation for the Marijuana-Infused Products Facility. It is used to refer to companies that are licensed to produce and distribute marijuana-infused products. Such companies are licensed to sell cannabis edibles and cannabis drugs, among other substances.

Mota: This is a Spanish slang word used to refer to cannabis. It is similar to English slang words such as weed, Mary Jane, etc.

Nectar: This term refers to the process of making hash oils from wax.

OG: This is a special strain of cannabis believed to have originated from Southern California. OG Kush is quickly becoming popular due to its intoxicating effect.

Oil: Short term for hash oil

Ounce : Measurement unit used in determining the right amounts of cannabis and other ingredients. One ounce equals 28 grams of marijuana. You can buy an electronic scale and use it to measure your cannabis and other ingredients in ounces in your kitchen.

Pinner: This is a slang term used to refer to a very thin marijuana cigarette that contains small amounts of cannabis.

Pot: This is another informal term used to refer to marijuana. It is used by cannabis users who try to hide the identity of the drug from law enforcers.

PPM: This is an abbreviation for Parts Per Million and is used in measuring the potency of THC and CBD in cannabis products.

Pre-roll : The term pre-roll is used to refer to a marijuana joint that was rolled in advance to its use. In most cases, marijuana smokers roll the joint when they are just about to use it. If a joint is rolled in advance, it is referred to as a pre-roll.

Pre-Run: This refers to a cannabis flower before it undergoes processing. The first process that any cannabis flower has to undergo is decarboxylation.

Propane: This is a solvent used to blast cannabis buds in the preparation of propane hash oils. Hash oil is a form of highly concentrated cannabis extract mainly consumed by hardcore cannabis users.

Purging: This refers to the process of removing residual solvent from cannabis extracts. Solvents such as propane or butane may leave some residues in the extract, which may cause side effects to the users.

Recreational : The term recreational as used in the cannabis world, means that the drug is used for entertainment purposes. The intention of individuals who use cannabis for recreational purposes is to get high. Recreational cannabis is illegal in many states in the US, although recent legislation has allowed some people to use cannabis for recreational purposes in their states.

Residual Solvent: This refers to any matter of the solvent remaining within the extract after the extraction process.

Resin: Refers to the crystals or trichomes of the plant that are used to create hash oils.

Ruderalis: This refers to one of the three classifications of cannabis. As already mentioned, cannabis is classified into Indica, Sativa, and Ruderalis.

Sativa : One of the three main classifications of cannabis.

Sathwag : This term is used to describe low-quality cannabis. Cannabis quality is described based on the potency of THC and CBD. Cannabis that has low amounts of THC can be termed as being low quality, especially among recreational cannabis users.

Seasoning : Seasoning refers to the process of conditioning. It is used in the preparation of cannabis edibles, especially those that involve grilling.

Shatter: This refers to a type of cannabis concentrate that is thought to be the purest and most potent form of cannabis. This type of cannabis is mostly consumed through dabbing or vaping.

Shatter/Ice: These terms can be used when referring to shatter and ice or may be used when referring to butane hash oils.

Skunk : This refers to a strain of cannabis that is highly potent with THC. It is loved due to its quick intoxication, but it has a downside of a pungent smell.

Slab : This term is used when referring to a large amount of hash oil.

Solvent: A solvent is a liquid that can be used to dissolve something. In the cannabis world, when we talk about a solvent, we mainly talk about hydrocarbons that are used to dissolve cannabis. Cannabis leaves and buds cannot dissolve in water or water-based solvents. For this reason, we only use hydrocarbons, such as alcohol and oil.

Solvent Recovery : This refers to the process of reusing the solvent either by pumping it back to the reaction chamber or storing it for later use.

Solvent-Free: This refers to a process where the solvent used in the extraction

process is completely purged out.

Spliff: This refers to a joint rolled by combining marijuana and tobacco. Tobacco is usually rolled in cigarettes while cannabis is rolled in joints. When these two are rolled together, we end up with what is known as a spliff.

Strain: A strain of cannabis refers to a particular species of the cannabis plant. Strains have different effects on users.

Sugaring : Refers to a shift in the quality of cannabis concentrates that have been dewaxed.

Terpene : Refers to molecular compounds found in oils of plants like citrus

THC: Tetrahydrocannabinol (or THC) is a type of cannabinoid that is found in cannabis. THC is responsible for the euphoric effect on cannabis users.

Tincture : This refers to a liquid form of cannabis that is made by infusing cannabis in alcohol, glycerin, or vinegar.

Topical: This refers to a type of cannabis product that is applied externally. Cannabis topicals include creams, balms, salves, and other similar products.

Wax: This refers to a concentrated form of cannabis that is created when the buds or leaves are dissolved in a solvent such as propane.

Weed: Weed is another slang term for marijuana. This term is used when referring to high potent strains of cannabis. It originated from South America and spread to other parts of the world.

What is Cannabis?

Cannabis is a drug obtained from the cannabis plant. The cannabis plant is a naturally occurring herb native to South Asia, which is known for its psychoactive characteristics. The cannabis plant is categorized into cannabis Sativa, cannabis Indica, and cannabis Ruderalis. The cannabis plant is popular for its medical and recreational uses. The drug is used recreationally since it causes euphoria among the users.

The flowers of this plant are harvested, dried, and used to treat certain conditions. Cannabis is known with many varied names, including marijuana,

weed, Mary Jane, among others. Some of the names used when referring to cannabis are street names used by smokers to hide the identity of the drug. Cannabis has been outlawed for a long time in most parts of the world, due to the perceived effects of the drug. Consequently, the users of the drug have to come up with new names to bypass law enforcers.

The main compounds in cannabis plants that make them medically beneficial are known as cannabinoids. The cannabis plant contains about 120 cannabinoids, although scientists are not sure what each cannabinoid can offer to the human body. The main cannabinoids that are helpful and whose medicinal benefits are known are cannabidiol CBD and Tetrahydrocannabinol THC.

Each of these two compounds has its medicinal benefits, as we will see later. For instance, CBD is a psychoactive cannabinoid; however, it does not cause euphoria to those who use it and does not have any side effects. One of the common misconceptions about CBD is that it is non-psychoactive. In most publications online, you will come across claims that CBD is a non-psychoactive cannabinoid, and that's why it does not cause euphoria. In reality, a psychoactive compound is any compound that can alter the normal functioning of the brain. Just like all other drugs, CBD sends signals to the brain which influence the actions of the body. If it were a non-psychoactive compound, it would have less effect in the medical space.

CBD is used to treat a variety of conditions, including inflammation and chronic pain conditions, migraines, nausea, seizures, and anxiety. Although there are plenty of CBD products on the market, the only drug that is officially approved by the FDA that contains CBD is Epidiolex. This drug is mainly used to treat certain types of epilepsy, although there are many other uses of CBD, as we will see later.

On the other hand, THC is the main psychoactive compound found in cannabis. This compound is responsible for altering the human mind when cannabis is consumed. Most people associate cannabis with a euphoric feeling, which is caused by the THC in the plant. The amount of THC in a cannabis plant mainly depends on the strain of cannabis used. There are different strains of cannabis, and each strain poses different amounts of THC. In some cannabis strains, THC levels can be lower than 0.3% by volume, while in others, THC can have a potency of up to 45% by volume.

When purchasing cannabis products in the market, you should be very specific about the compounds you are looking for. Most people who use cannabis for

about the compounds you are looking for. Most people who use cannabis for recreational purposes are interested in cannabis products that contain sufficient amounts of THC. On the other hand, those who are interested in medical cannabis are less interested in THC. With that said, both CBD and THC offer certain medical benefits. Although CBD is widely accepted as a medicinal product, there are certain countries where THC is also accepted.

If you are going to use cannabis either medically or for recreational purposes, you should check with the laws in your location. There are many countries in the world where cannabis is still illegal. However, several countries have allowed the use of cannabis for medical purposes, and others even allow recreational use. Countries such as Canada, Belgium, Jamaica, and France already allow medical and controlled recreational use of cannabis.

In the US, the use of cannabis is not controlled by the federal government. There are some states that allow the use of cannabis for medicinal purposes, while others allow the use of cannabis for recreational purposes. In general, the laws governing the use of cannabis in the US are ambiguous, and every person who intends to use cannabis should first find out about the laws in their state. Before you even think about preparing cannabis desserts at home, you should confirm whether your state has legalized cannabis for recreational purposes. Cooking foods with cannabis is categorized as recreational use of cannabis and may attract stiff penalties in some states. You may only be allowed to use medical marijuana if you suffer from certain conditions and hold the medical marijuana card, which gives you the freedom to purchase prescribed cannabis products from authorized dealers.

With that said, there are still many people who beat the system to prepare cannabis products at home. This might lead you into problems with the authorities if you live in a state where cannabis is illegal.

The Difference Between Cannabis, Hemp, and Marijuana

Before we move any further, we need to make some facts clear about cannabis. With the boom of cannabis as a medical product, there are many products that have hit the market with purported health benefits. Marketers of such products have also coined marketing terms that are used to lure people to cannabis. Among the popularly used terms in marketing include Hemp oil, hemp seed oil, CBD oil, marijuana oil, THC oil, among others. These terms are used

CBD oil, marijuana oil, THC oil, among others. These terms are used interchangeably, making it hard for most people to understand the difference between hemp, cannabis, and Marijuana.

As we have already seen, cannabis is a compound term used to refer to all strains of the psychoactive plants. What makes a plant to be called cannabis is the presence of the psychoactive cannabinoids and other cannabinoids. As we have seen, there are 3 main types of cannabis; cannabis Indica, cannabis Sativa, and Cannabis Ruderalis. Cannabis is a broad term that is used when referring to all types and strains of the plant. As already mentioned, the plant has a variety of medical uses.

Marijuana is a term that is used when referring to cannabis as a whole in street terms. However, the term marijuana is most often used to mean a type of cannabis that causes intoxication. In other words, if you hear a person talk about marijuana, they are referring to cannabis that is rich in THC. Mostly, the term marijuana is used when referring to Cannabis Sativa with high THC content. There are varied strains of Cannabis Sativa. Those who farm cannabis can either produce strains that are rich in THC or CBD. If a strain of cannabis is rich in THC, it will cause euphoria to those who consume it.

In the marketplace, those who market marijuana products simply refer to them as THC products. For instance, if you come across THC oil, it simply means that oil extracted from Cannabis Sativa strains with more than 0.3% THC. There are cannabis strains that can contain about 40 to 45 % THC. Such strains offer the highest possible potency and can easily lead to intoxication when consumed. It is, therefore, important to read labels every time you purchase cannabis products. If you find a bottle labeled cannabis oil, you should check to see the THC content to ensure that you do not end up purchasing a product that is intoxicating.

Lastly, the term hemp is used when referring to cannabis strains that contain less than 0.3% THC by volume. In other words, if a strain of cannabis does not contain sufficient THC, it is referred to as hemp. The term hemp has of late become a marketing term for cannabis products. Most people love hemp products because they do not cause intoxication. Furthermore, hemp does not cause most of the side effects associated with cannabis. With that said, you must be very careful when purchasing hemp products. Most online sellers of cannabis products just use the term hemp to attract buyers. Some of the products are prepared through non-commercial methods, where the content of THC and CBD

in the products are not monitored. To avoid purchasing a product that contains too much THC in the name of hemp, make sure you purchase from legal brands and ensure that you read the labels well.

When purchasing cannabis products, the term CBD is mostly used when referring to hemp extracts, and THC is used when referring to marijuana extracts. Most of the people who sell cannabis oils just refer to them as CBD oil as long as they contain sufficient amounts of CBD. Make sure you read the label to ensure that the CBD oil you are about to purchase contains less than 0.3% THC. The FDA specifies that any cannabis product with more than 0.3% THC should not be categorized as CBD.

The other term you should look out for when purchasing cannabis products is hemp seed oil. People mostly mistake hemp seed oil for hemp oil or CBD oil. In reality, oil extracted from hemp buds can be referred to as CBD oil, but the oil extracted from hemp seeds cannot be referred to as CBD oil. Hemp seed oil is prepared from hemp seeds and does not contain sufficient amounts of CBD or THC to be classified as either THC or CBD oil. However, the hemp seed oil has plenty of cannabinoids that make it beneficial health-wise.

The Health Benefits of Cannabis

The reason why most people are interested in cannabis is that the herb offers plenty of health benefits. Among the health benefits that the herb offers include:

Weight Management

Statistics show that regular cannabis users do not put on much weight. The drug helps people lose weight by regulating the levels of insulin. While there are some strains of cannabis that increase appetite in some people, the overall effect of using cannabis is insulin regulation. This means that you will not suffer from food cravings, which are the main causes of addictive eating and being overweight. Although a person who uses cannabis may eat too much when they are high, the average food intake of such a person is moderated due to balanced insulin levels.

Regulation of Diabetes

When we talk about insulin regulation, we must also talk about diabetes control. Diabetes is caused by high levels of insulin in the body. There are many studies

that have shown that cannabis can regulate the level of insulin in the body. One such study conducted by the Alliance for Medical Cannabis has revealed that there is a relationship between using cannabis and lower blood sugar.

Prevent the Development of Cancer

Although there is no conclusive data that shows the impact of cannabis on cancer, there is evidence that the drug can prevent the growth of tumors. Although cannabis can only treat cancer, using it as a regular part of your diet can prevent the growth of tumor cells. Both THC and CBD rich strains of cannabis can be used to prevent the growth of cancer cells.

Helps Treat Depression

One of the most important and common uses of cannabis is in the treatment of mental conditions. The drug is used to treat and manage depression and anxiety. Given that cannabis is a sedative, it can be used to relax the mind and the body as a whole. People who suffer from depression may suffer from panic attacks or stress. The endocannabinoids found in cannabis have been found helpful in stabilizing moods. As we have already mentioned, the drug helps stabilize the levels of insulin in the body. One of the main causes of depression is hormonal imbalances.

Autism Treatment in Children

Another important use of cannabis is the treatment of autism. Autism is a condition that causes hyperactivity among patients. Children who are born with autism are hard to manage because they do not sit in one place. Since cannabis is a sedative, it can help control children with violent mood swings.

Stop Seizures

The main use of cannabis in medical terms is the treatment of seizures. Although cannabis has so many medical uses, the drug is yet to be approved for most of the medical uses. However, the FDA has approved Epidiolex to treat seizures. CBD is used to stop or control seizures in people who suffer from epilepsy.

Treat and Mend Bones

The other important use of cannabis is the treatment of broken bones. Cannabis has been proven to strengthen bones and mend the broken ones. Research done

has been proven to strengthen bones and mend the broken ones. Research done by the Bone Research Laboratory in Tel Aviv has shown that CBD extracts can help people who suffer from broken bones heal faster. At the same time, it helps strengthen the bones when they heal. The researchers have also shown that a person who uses CBD to treat bones ensures that the bones do not break in the future.

Helps with ADHD / ADD

ADHD and ADD are conditions that lead to cognitive inability. In other words, a person suffering from such conditions suffers from memory loss and cannot concentrate on one task for long. The use of cannabis can help individuals who suffer from these conditions focus on the tasks they are doing. If you suffer from ADHD or ADD, you can improve your productivity at work or school by using cannabis in regulated amounts.

Treatment for Glaucoma

The other common use of cannabis is the treatment of chronic pain conditions. CBD is particularly important when it comes to the treatment of inflammatory conditions and painful conditions. One of the conditions that can be well managed by cannabis is glaucoma, which leads to pressure on the eyeball. This disorder can be very painful and is mainly treated by using cannabis.

Stop Anxiety

As we have already seen, the use of cannabis can help reduce mental and emotional disorders such as depression. However, for cannabis to treat anxiety, it should be taken in moderate amounts. Although cannabis can be relaxing and soothing in some people, it can also cause hallucinations and hyperactivity in others. When using cannabis to treat anxiety, make sure you choose the right strain of cannabis and use it in the right amounts.

Reduces the Development of Alzheimer’s Disease

The other condition that you can treat with cannabis is Alzheimer's disease. This is a condition that leads to cognitive degeneration with age. In other words, an individual who suffers from this condition loses their memory as they age. If you have a history of Alzheimer's in your family, you should make cannabis a regular part of your diet to slow down the occurrence of this disease.

Control Pain Associated with Arthritis

The other type of chronic condition that can be treated with cannabis is arthritis. Arthritis is a condition that leads to chronic pain and can be treated by both THC and CBD. If you do not wish to get high, just prepare your foods with CBD, and you will be able to fight the pain caused by arthritis.

Treatment and Management PTSD Symptoms

As we have already seen, cannabis can be used in treating stress and depression. The other condition that is related to stress is a post-traumatic stress disorder. PTSD can lead to stress among the patients and can be accompanied by symptoms such as isolation, panic attacks, easy irritation, lack of trust, fear, among others. This condition mainly affects individuals who have been through a traumatic experience. Thankfully, most of the symptoms of PTSD can be managed by cannabis.

Reduces Pain Associated with Multiple Sclerosis

Multiple sclerosis is a condition that causes pain to the patients. It leads to muscle contractions and can be quite painful when the contractions start. Thankfully, you can reduce the pain by using CBD or THC. All the cannabis products act as sedatives and can help control the pain for the patients of such conditions.

Management of Hepatitis C

The other condition which can be treated and managed with cannabis is hepatitis C. This condition comes with multiple symptoms that are brought about by the treatments. The treatment for hepatitis C can cause fatigue, nausea, muscle aches, and depression. As you can see from the side effects, cannabis can treat most of the symptoms mentioned. At the same time, using cannabis while taking hepatitis C treatment helps improve the effectiveness of the drugs.

Management of Crohn’s Disease

Crohn's disease is a condition that is caused by the inflammation of the intestines. Both THC and CBD can enhance immunity, which helps improve the functioning of the cells. Furthermore, when you consume freshly harvested cannabis in foods, it contains carboxylic acid, which helps fight bacteria and other compounds that cause inflammation in the intestines.

other compounds that cause inflammation in the intestines.

Treatment of Parkinson’s Disease

Lastly, cannabis can be used to treat or control Parkinson's disease. This condition is characterized by tremors and pain. The use of cannabis can help control tremors and also alleviates the pain. Given that this condition is painful, those who suffer from it experience insomnia. The use of cannabis can also help such patients gain sleep at night.

Although there are plenty of other uses of cannabis, there are plenty of studies underway to ascertain most of the claims. For most of the conditions listed above, treatment with cannabis is based on anecdotal evidence. However, there are also plenty of conditions that have been proven to be treated with cannabis through laboratory tests.

Chapter 2: How to Prepare Cannabis Butter and Cannabis Oil

Now that we have looked at the uses and benefits of cannabis, I want us to get into the real action of preparing cannabis butter. This book is mainly based on preparing desserts with cannabis butter and cannabis oil. In other words, we will focus on preparing all our desserts by either using cannabutter or cannabis oil. In this chapter, we are first going to start by preparing cannabis butter and cannabis oil at home. If you are going to prepare cannabis oil or cannabis butter at home, you will need to source for the best cannabis in the market. You will have to source for fresh cannabis buds or purchase dried ones. If you wish to prepare CBD products, purchase hemp buds, but if you wish to prepare THC products, purchase marijuana buds.

Decarboxylation of Cannabis

The first step to preparing cannabis products at home is the decarboxylation of cannabis. When preparing cannabis products such as cannabis butter or cannabis oil, we can use cannabis fresh buds or dried buds. However, fresh cannabis buds do not contain THC in its active form. In its natural condition, cannabis contains carboxylic acid, which needs to be converted into THC. The process of converting carboxylic acid into THC is what we refer to as decarboxylation of cannabis. If you are going to prepare any cannabis products at home, you must first decarb your cannabis leaves or buds. There are many ways of decarboxylation cannabis.

Natural Decarbing

There are many methods of decarboxylation of cannabis. For those who wish to prepare cannabis products at home, we will use two ways of decarbing cannabis. The first method is the natural method of decarboxylation. The natural method is direct and simple since it does not include the use of any special equipment.

The natural process of decarboxylation involves air-drying the herbs in a warm room. If you have harvested the fresh herbs, you can either hang them to air dry in the room or place them on a dry floor and let them dry naturally. This process of decarboxylation takes the longest time but is also the cheapest. After you have harvested your herbs and hanged them in an open space, it can take up to 3 or 4 weeks for your herbs to dry. If you cook regularly, just hang your herbs in the kitchen and let them air dry until they turn golden brown.

You will need cannabis leaves or buds in your required quantity and enough time to see the process through to the end.

To decarb your cannabis buds or leaves naturally, just harvest them and spread them evenly on a flat surface. If you do not have room for spreading your leaves, just hand them on the roof and give them time to dry. For a warm room, especially during the summer, air drying can happen in 2 to 3 weeks. During the cold months of winter, drying the leaves can take up to 4 or even 5 weeks.

While this method of decarbing is cheap and effective, it cannot be used by those who wish to prepare large amounts of cannabis products on a regular basis. If you are in a hurry or you wish to use large amounts of cannabis on a regular basis, you should try the following methods.

Oven Sheet Decarbing

Besides the natural method of decarb your cannabis, you may also use the oven approach. When it comes to decarbing your herbs in the oven, there are several approaches you can take. The best and most common approach involves baking your herbs on the baking sheet. The baking sheet provides the cheapest and easiest methods of drying your cannabis buds at home. The beauty of this process is that it uses everyday equipment already available at home. With that said, the process might lead to a pungent smell in your home. The smell of cannabis can be quite disturbing and will be noticed by close neighbors. Before you start preparing your cannabis buds in the oven, you should lock the doors and get out of the house so that you do not end up feeling the pungent smell

and get out of the house so that you do not end up feeling the pungent smell.

If you are using this process, make sure you run the cannabis with carbon filters to try and eliminate the pungent smell. Besides the smell, this method is the easiest and most direct approach to decarb cannabis at home.

Ingredients and Tools

Baking Sheet

Parchment paper or aluminum foil

Cannabis leaves or buds in your desired quantities

Directions

1. Preheat the oven to 250 degrees F.

2. While your oven heats, sort out your cannabis leaves or buds to remove any pieces of stem that might have remained in the leaves.

3. Once your leaves or buds are sorted out, line your baking sheet with parchment paper or aluminum foil and break your cannabis buds into small pieces then spread them on the baking sheet.

4. Bake the leaves for about 2 to 30 minutes or until they turn brown in color.

5. Remove from the oven and let them cool down before you start using them in your recipes.

6. This process of decarbing cannabis provides the easiest and most applicable approach for home-based cannabis users. After decarbing your leaves, store them in a mason jar and tighten the lid for use up to a year. If the leaves are well dried, they can stay in the Mason jar for as long as you wish. However, if there is still some moisture in your herbs, they may get spoiled if they stay for too long.

Recipes for Preparation of Cannabis/Hemp Butter from Fresh Buds

Now that we have decarboxylated cannabis buds or leaves, it's time to prepare cannabis butter. Cannabis butter, or cannabutter, as it is popularly known, is one of the most common cannabis products in many cannabis lovers' homes. The

of the most common cannabis products in many cannabis lovers' homes. The reason why people love cannabis butter is that butter can be used in all types of cooking. Naturally, butter is used at home in diverse coking and for other purposes.

In the same way, we can use cannabis butter in cooking and serving all types of foods. The beauty of cannabis butter is that it does not have any bad taste associated with cannabis or even bad smell. This means that you can use it the same way you use your everyday unsalted butter at home.

Most people use cannabis butter for cooking or for spreading on bread. You can also use butter in milkshakes or blended drinks. Given that butter can easily be melted, it is used in all types of foods, both liquids and solids. There are several ways of preparing cannabis butter at home. Here are several recipes that you can use to prepare the cannabutter at home.

Cannabutter Recipe 1

Before we start preparing some desserts, we should first prepare cannabis butter that will help us with the other recipes. For the dessert recipes, we will be using cannabutter or cannabis oil. When I say cannabis butter or cannabis oil, it may either refer to hemp or marijuana butter. The term cannabis is a compound word that encompasses both hemp and marijuana. If you intend to get high when using your cannabis desserts, you should use marijuana buds or leaves for this recipe. If you intend to use cannabis without getting high, use hemp buds or leaves for this recipe.

Ingredients

128 grams of unsalted butter

10 grams of decarboxylated marijuana/hemp buds or leaves

Directions

1. Grind your cannabis buds coarsely with hand or using a hand grinder.

2. In a saucepan, heat 1 cup of water to a simmer and add the butter. Let the butter melt in the water to avoid the butter from scorching.

3. Once the butter melts to completion, add in the cannabis or hemp leaves and continue heating.

4. When heating your cannabis buds or leaves, maintain low heat. To ensure that the buds do not overheat, maintain a temperature between 160 and 200 degrees F. Let your mixture simmer at such low temperatures for about 2 hours.

5. Once the cannabutter is ready, place a funnel on top of a mason jar and strain through cheesecloth. To ensure that the pieces of cannabis do not penetrate into your cannabis butter, let the butter strain on its own, without applying any force.

6. Once you are done with straining, tighten the lid on your mason jar and refrigerate for about an hour. This will help separate the real solid butter from water. Filter out the water and use the remaining butter for your cooking.

The dosage of this butter will depend on the potency of the cannabis used. For those who use hemp buds, the potency of THC is less than 0.3%, which means that no one can get high. The potency of CBD is about 40%, which means that the 10 grams of the leaves contain about 4 grams of CBD. Given that the recommended intake of CBD per serving is 4mg, you can calculate the amount of butter to use in your cooking. For those who have used marijuana buds with a THC potency of 5%, you will also have to calculate the THC available in your cannabutter when cooking. We will have a much more detailed look at the dosage for cannabis products later.

Recipe 2: Directions for Slow Cooker

For the same ingredients, we can also prepare cannabis butter in a slow cooker. This process is a bit time consuming but offers the best results, in my opinion. If you have time on your hands, follow this procedure to prepare highly potent cannabis butter at home.

Grind your cannabis coarsely using a hand grinder. Note: do not use a coffee grinder since it will make the cannabis too fine for straining

Set your slow cooker to low to avoid the cannabinoids in your cannabis or hemp buds getting spoiled. The ideal temperature for slow cooking is 10 degrees. Make sure the temperatures do not go above 200 degrees F at any cost.

Now add the butter and ground cannabis to your slow cooker and stir occasionally.

After about 4 hours, turn the crockpot off and wait for your butter to cool down.

Strain the butter as we did in the recipe above.

For this recipe, the dosage will also be done in the same way as above.

Cannabutter Recipe 3

For the third recipe, we are going to look at an alternative way of preparing cannabis butter or hemp butter from fresh cannabis buds. The reason why I insist on using cannabis buds is that they are highly potent with cannabinoids as compared to any other part of the plant. Whether you will be using marijuana or hemp, you should pick the section of the plant that is most potent. The buds are the most potent, closely followed by the leaves. Do not use the stem, the roots, or even the seeds in any of these processes.

Ingredients

10 grams of freshly harvested cannabis buds

128 grams of unsalted butter.

Directions

1. Using a hand grinder, grind freshly harvested cannabis buds or leaves. They should not turn into powder, but rather they should be leafy. Only use cannabis leaves or buds that have been harvested in the past 48 hours or those that have been frozen from the time of harvest.

2. Since we are using fresh cannabis or hemp, you will have to decarboxylate after grinding. Place your round flowers on a baking sheet and set your oven to about 230 degrees F. Let the cannabis leaves or buds decarboxylate for about 1 hour before removing them from the oven.

3. Melt the butter in a medium-sized saucepan and add 2 cups of water.

4. Let the butter simmer on medium heat for about 5 minutes before adding the cannabis leaves. Once you add the leaves, reduce the heat to low and let them simmer for about 2 to 3 hours.

5. Stir the mixture occasionally while maintaining a temperature of about 200 to 250 degrees F. If you notice that the butter is nearing the maximum temperature, add a bit of water to the mixture to cool it down and continue cooking until the

time is over or until the butter appears thick and glossy.

6. Place a large sieve lined with cheesecloth in a mason jar and strain the cannabis butter into the Mason jar. Do not apply any force to avoid a case where leaves or flowers of the herb penetrate into your butter. Cannabis has a bitter taste, and any plant matter penetrating through might mess up with the taste of your desserts.

7. Cover the Mason jar with the lid and refrigerate the contents overnight. In the morning, the butter will have hardened and separated from any water. Drain out the water and remain with the butter in its solid form. Use paper towels to dry any moisture left on the surface of the butter.

Refrigerate your butter in an airtight bottle for use up to 6 months

For this recipe, each gram of cannabutter should contain about 3mg of CBD for those who used hemp and about 0.5 mg of THC for those who used marijuana.

Preparation of Cannabis Oil from Fresh Leaves

Although for most of our recipes, we will be using cannabis /hemp butter, there are also some recipes that will need cannabis oil. CBD or THC oil can be prepared at home through an infusion. In this recipe, we are going to prepare cannabis oil at home through the crockpot infusion method.

Ingredients

240ml of organic virgin olive oil.

28 grams of cannabis buds- before decarb

Directions

1. Start by preparing the right surface for placing mason jars. Lay a tea towel on the surface of your crockpot so that it can hold the jar in place. It helps prevent the movement of the jar and also protects it from direct heat, which may lead to cracking.

2. Place a mason jar in the crockpot over your tea towel and fill it with enough water to about 1 inch to the top of the jar.

3. Remove the empty Mason jar and start heating your water on high heat. Once

3. Remove the empty Mason jar and start heating your water on high heat. Once it starts to simmer, turn the heat to low to maintain a temperature of between 180 and 185 degrees F.

4. While your water is heating, turn your oven to 240 degrees F . Spread the cannabis buds or leaves on a baking sheet and decarb them in the oven for about 40 minutes.

5. Once your cannabis buds are ready, and the water in the crockpot has attained your desired temperature, divide your olive oil into mason jars, leaving a space of about 1/2 inch above the level of the oil.

6. Divide your decarbed cannabis leaves or flowers between the mason jars filled with olive oil and tighten the lid. Use a paper towel to wipe the surfaces of the mason jars well. For the best outcome, the lid does not have to be tight all the way.

7. Place the mason jars into the water bath; be careful not to get burned through the process.

8. Cook your cannabis leaves in the olive oil for about 4 hours non-stop. After 4 hours, remove the mason jars from the hot water and allow them to cool.

9. Once they are cool enough for handling, strain your cannabis oil through a filter paper to separate the oil from the plant matter.

10. Now pour the prepared cannabis or hemp oil in your preferred storage container and store the oil in a cool, dry place. Since this oil has been prepared through the addition of fresh cannabis, it is likely to go bad in 2 to3 weeks. To increase its lifespan, you may either refrigerate or freeze. If you choose to store in the freezer, do not melt it in the microwave since this might destroy the important cannabinoids in your oil.

With that, you have prepared your cannabis oil or hemp oil. If you wish to have THC in your oil, use THC rich cannabis strain. If you wish to have high CBD potency in your oil, use high CBD potent hemp flowers or buds.

Preparation of Cannabis Tinctures

Lastly, the other product we may use in preparing our cannabis or hemp desserts is the tincture. Cannabis and hemp tinctures are simply prepared by dissolving

the flowers or leaves of cannabis in alcohol. Given that alcohols are hydrocarbons, they form a good solvent for cannabis. However, the process of preparing cannabis tinctures is much longer than the process of preparing cannabis butter or cannabis-infused oil. Here is a simple recipe for preparing cannabis butter.

Ingredients

28 grams of decarboxylated cannabis flowers

500ml of grain alcohol (190 proof)

Directions

1. For those who are using fresh buds that are yet to undergo decarboxylation, bake them in your oven at 240 degrees for about 40 minutes before you start the process.

2. Once your cannabis buds are decarbed, place them at the bottom of a mason jar and pour the alcohol over them.

3. Tighten the lid on your mason jar and shake the contents vigorously.

4. Place your mason jar in a cool dark place like a cabinet and let them infuse for about 3 to 4 weeks. Remove the mixture from the cabinet and shake gently every 3 days to aggravate the process.

5. After 3 to 4 weeks of infusion, strain your cannabis tincture through a cheesecloth or coffee filter to separate the plant matter from the tincture.

6. In a water bath, evaporate off as much alcohol as you prefer to remain with the cannabis concentrate of your desire.

The tincture we have just prepared in this recipe will contain some alcohol. If you are not a fan of alcohol, and do not want to use alcoholic drinks, do not use it in your non-bake recipes. However, you may also prepare non-alcoholic tinctures through the same process. Instead of using alcohol, replace it with vegetable glycerin or apple cider clear vinegar. In either case, the tincture prepared will have significant potency of CBD or THC, depending on the strain of cannabis used. For those who do not want to get high, stick to using hemp throughout the recipes. We will look at the doses that work well for you later.

Chapter 3: Dessert Recipes Using Cannabis/Hemp Butter or Oil

Now that we have prepared our cannabis/hemp butter, oil, and tincture, we are ready to dive into dessert recipes. These desserts vary in their potency of CBD and THC. Each of the desserts we will prepare will have different CBD or THC potency. We will be looking at the recommended dosage of each recipe, but we will also have a detailed guide on how to dose your cannabis products later.

It is important to keep in mind that THC can be intoxicating and comes with plenty of side effects in some people. Do not use THC in large amounts if you have not used it before. If you have children under the age of 18, you are only allowed to prepare hemp desserts. If you serve young children THC rich foods, you may find yourself in trouble with the authorities.

Cannabis and Hemp Non-bake Recipes

The first type of desserts we will prepare are no-bake desserts. The beauty of the no-bake recipes is that you do not have to turn on the oven or heat up your house. Most of these recipes are easy to master since they only include a combination of readily available ingredients. Here are some recipes for no-bake desserts with cannabis.

Cannabis Butter Banana Cream Pie

If you're a fan of pie, I have just the perfect dessert recipe for you. This banana cream pie is the perfect dessert for an evening dinner or a hot day lunch. We are going to prepare it in four steps starting with the banana simple syrup, followed by the pie, crust, and finally, the toppings. You may play around with the ingredients to add in your preferred flavors.

Ingredients

Banana simple syrup

200 grams of granulated sugar

30 ml of water

1 teaspoon of salt

3 ripe bananas- cut them into1 inch pieces.

Pie Ingredients

14 grams of granulated sugar

8 grams of cornstarch

1/4 teaspoon of kosher salt

2 medium-sized eggs

50 ml of whole milk

8 grams of banana simple syrup

2 tablespoons of cannabis butter - 5% THC potency

1 teaspoon vanilla extract

Crust

2 cups of crushed vanilla wafers

1/4 cup of banana simple syrup

1 tablespoon of melted cannabis butter - 5% THC potency

Topping

1 pint of heavy whipping cream

1/2 cup of confectioners' sugar

2 large bananas sliced.

Directions

1. Over medium heat, combine sugar, water, and salt and whisk together frequently until the mixture comes to a low boil.

2. Once the sugar is completely melted, reduce the heat to medium-low and cover. Let the mixture simmer for about 10 minutes.

3. Add in the chopped banana pieces and simmer for 10 more minutes on medium-low heat.

4. Strain the bananas out of the syrup and set it aside. You may add in a drop of honey if you wish to make it sweeter.

Pie Directions

1. For the pie, start by combining the sugar, cornstarch, and salt in a large bowl.

2. Add the two eggs and whisk thoroughly to combine well.

3. Once the egg is well mixed, add the milk and simple syrup and whisk further until they are all well combined.

4. Pour the mixture into a saucepan and heat on low heat until they thicken. Stir occasionally to avoid a case where they stick to the bottom of your pan.

5. Now remove the mixture from heat and add in the butter- 1 tablespoon at a time while whisking.

6. Add in the vanilla extract and whisk further until well mixed.

7. Cover the mixture with plastic wrap and refrigerate for about 2 to 3 hours.

Crust Directions

1. For the crust, we have to process the cookies in the food processor until fine crumbs are formed.

2. Add in the melted cannabis butter and the simple syrup and pulse until the mixture is well combined.

3. Press the paste in the bottom of a 9-inch pie pan and refrigerate for about 1 hour.

Topping Directions

1. In a mixing bowl, add the heavy cream and mix starting with low speed. Once the cream starts to thicken, increase the speed to medium, and mix further. This gradual increase in speed helps prevent the cream from splashing on you during the early stages.

2. Once the mixture has thickened, stop mixing and add in the sugar and start mixing on low speed again. Gradually increase the speed to high speed.

3. Once the cream thickens with soft peaks, increase the speed to high until the cream is thick and stiff.

4. Assemble the ingredients. Top your crust with sliced bananas. Pour the pudding on top of the banana slices. Top with more bananas with whipped topping.

Chill in the refrigerator until it is time for serving.

The cannabis banana pie we have just prepared in this recipe can serve up to 10 people. Since it is a dessert, you only have to serve a small piece of the pie. Each serving of the pie should contain about 10 mg of THC. However, you can also prepare the same banana pie using hemp butter, which will not contain any THC and can be served to children.

Hemp Butter No-Bake Cookies

The other recipe we are going to look at is one for no-bake cookies. Cookies are among the most popular dessert options for most people. Given that cookies are easy to prepare, you do not have to be an expert in the kitchen to prepare yours. We are going to cook some hemp inspired cookies in this recipe.

Ingredients

200 grams of granulated sugar

340 grams of corn syrup

1 teaspoon of vanilla extract

350 grams of creamy peanut butter

5 grams of 40% CBD potency hemp butter

5 cups Chex Cereal

A pinch of salt

2 cups of mini marshmallows

Directions

1. Line two cookie sheets with parchment paper and set them aside.

2. In a large saucepan, combine the sugar, corn syrup, and vanilla and bring them to a low boil while stirring frequently.

3. Now add in the hemp butter, a pinch of salt, and stir well.

4. Add in the peanut butter and stir until it is fully incorporated before turning the heat off.

5. Now add in the Chex cereal of your choice and stir until each piece is fully coated- for my recipe, I used rice.

6. Now pour in marshmallows and stir until well dispersed. The marshmallow will start to melt, but do not let them melt completely.

7. Using a spoon, scoop about 2 tablespoons of the Chex cereal mixture into the cookie sheet. Let it sit for about 30 minutes until they firm up. Store in layers in an airtight container.

The cookies we have just prepared in this recipe can serve up to 10 people. Each cookie should contain about 10 grams of CBD, which falls within the recommended range of CBD intake per day.

Hemp Butter No-Bake Cheesecake

The other dessert we can prepare at home is the cannabis-inspired cheesecake. For this recipe, we are going to use hemp butter so that it can be served to all people, including children. However, you may still prepare the same recipe using THC rich butter.

Ingredients

105 grams of graham cracker crumbs

1/4 cup of granulated sugar

4 tablespoons of unsalted butter

2 tablespoons of 30% hemp butter

455 grams of cream cheese

150 grams of granulated sugar

20 grams of freshly squeezed lemon juice

1 teaspoon of vanilla extract

1/8 teaspoons of kosher salt

357 grams of heavy whipping cream

Directions

1. For the crust, combine the graham cracker crumbs, melted butter, hemp butter, and sugar in a small saucepan. Ensure that every crumb is coated with the butter and cannabutter.

2. Pour the crumbs into a 7-inch springform pan. Spread them into an even layer and compress them firmly with a measuring cup, ensuring that you press the sides of the pan and set aside.

3. To make the filling, combine the cheese, lemon juice, sugar, salt, and vanilla extract in a bowl of a stand mixer.

4. Mix all the ingredients at low speed until soft and scrape the bowl as needed.

5. Switch from the mixer to the whisk attachment and pour in the cream. Whisk at low speed to combine then increase to high speed until you observe stiff peaks.

6. Pour the mixture into the prepared crusts and refrigerate until it is firm and cold. This should take about 6 hours of refrigeration.

The cheesecake we have just prepared here is one of the most nutritious desserts

you can ever take. It is made out of high-fat cheese, which is very healthy and fulfilling. The process is simple and does not involve any baking. For this recipe, we have used 2 grams of 40 percent CBD rich hemp butter. The cake prepared can be served to about 10 people, and each serving should contain about 30 mg of CBD.

Blueberry Lemon Heaven Dessert

The blueberry heaven lemon dessert we are going to prepare in this recipe is simply angel food cake improved with cannabis butter. This cake does not require baking and will not need any special equipment to prepare. With that in mind, it is one of the sweetest cakes you will ever taste. We are going to use THC rich cannabis butter for this recipe. This means that the cake should not be served to children under the age of 18. If any adult is not comfortable with THC or suffers from any chronic condition, he/she should avoid this cake. Here is the recipe:

Ingredients

1 whole angel food cake, about 500 grams

85 grams of instant lemon pudding

350 ml of whole milk

1 cup of sour cream

2 tablespoons of 1% THC potency cannabis butter

550 grams of blueberry pie filling

220 grams of whipped topping, I used Cool Whip in my recipe

1 tablespoon of lemon zest

Directions

1. Cut the angel food cake into cubes. This is the most consuming part of the process. Use a good serrated knife to cut the cake into cubes.

2. In a separate large bowl, combine your lemon pudding, milk, and sour cream and beat the mixture well using a handheld blender. Add in the butter and beat further for about 1 minute or until the butter is well mixed. Once well mixed, set it aside.

3. In a 9-inch baking sheet, arrange part of the angel food cake cubes in one layer. Do not arrange all the cubes, only use half, and retain the other half.

4. Once they are well arranged, drop one half of the blueberry pie filling over the top of the angel food cake cubes.

5. Now cover the blueberry filling with the other half of the angel food cake cubes. Spoon the lemon pudding over the cake and spread evenly.

6. Drop the whipped toppings in dollops over the layer of pudding using a spatula. Now spread the remaining blueberry pie filling over the whipped topping and garnish with lemon zest.

7. Place the cake in the refrigerator for about 4 hours before serving while cold.

The cake we have just prepared in this recipe can serve up to 8 people. Each serving of the cake should contain about 4 to 5 mg of THC. This amount of THC falls within the recommended range of daily intake.

It is important to note that this cake is not ideal for children or individuals with underlying conditions. If a person is on any medication for heart disease or any other chronic condition, the use of THC may lead to complications. If you are going to serve the dessert to your guests, make sure you enquire about such issues. Besides the involved health risks, the cake is ideal for an evening dinner.

You should serve it right after the meal while still cold. You may remove it from the refrigerator for about 10 minutes to serve time.

Cannabis Biscuit and Cookies Recipes

The other desserts we are going to prepare include hemp butter cookies and biscuits. Cookies and biscuits are among the most popular types of desserts in most homes. Since these desserts are loved by kids, you should avoid using THC rich cannabis in the preparation. Focus on preparing your cannabis foods with hemp butter, which does not contain any THC.

Hemp Butter, Brown Sugar, and Chocolate Chips Cookies

Ingredients

350 grams of all-purpose flour

240 grams of chocolate chips

5 grams of cannabis butter, 40% THC

120 grams of unsalted butter

120 grams of white sugar

128 grams of brown sugar

2 eggs

2 teaspoons of vanilla extract

2 teaspoons of hot water

1 teaspoon of baking soda

1/2 a teaspoon of salt

Instructions

1. Preheat your oven to about 350 degrees F.

2. Cream the cannabis butter, unsalted butter, and sugars together in a bowl and beat in the eggs.

3. Add the vanilla after mixing the eggs and mix well.

4. Dissolve the baking soda in hot water and add to the mixture.

5. In a different bowl, sift the flour and salt and stir it into the mixture prepared above.

6. Once well mixed, add the chocolate chips and mix gently not to break the chips further.

7. Cover your baking tray in parchment paper and place the cookies with large spoons of dough on the tray, evenly spaced.

8. Bake your chocolate chip cookies for about 10 minutes in the oven until the edges are browned.

The cannabis chocolate chips we have just prepared can serve up to 10 people and are ideal for all family members. They are enriched with CBD, which is a healthy compound and does not cause intoxication or any side effects.

Cannabis Biscuits

For those who don't enjoy cookies, biscuits are also an option to consider. If you already know how to prepare biscuits, you can add cannabis butter to your recipe to make your biscuits healthier. We are also going to use CBD rich hemp butter for this recipe.

Ingredients

240 grams of all-purpose flour

4 teaspoons of baking powder

2 tablespoons of white sugar

1 teaspoon of salt

1 cup of cheddar cheese, grated

10 ml hemp-infused cooking oil

14 grams of whey milk

Directions

1. Preheat your oven to about 400 degrees F.

2. Mix the cheddar cheese with all the dry ingredients in a large bowl and make

a well with your hand in the dry ingredients.

3. Pour all the liquids in the well and gently stir until the dough forms.

4. Roll out the dough to 1" thick then cut it into rounds. You may also cut the dough into squares or the shape of your preference. Alternatively, you can form 1" thick patties by hand.

5. Once you have the pieces, place them on a baking tray lined with parchment paper.

6. If you want your biscuits to have a shiny top crust, brush the top of the dough with an egg wash.

7. Now place the center rack in the oven for about 45 minutes or until the biscuits are slightly browned.

The cannabis biscuits prepared in this recipe can serve up to 15 people. Each biscuit should contain about 10mg of CBD, which means that a single person is allowed to eat up to 5 biscuits in a sitting. Given that they are meant to be desserts, each person might only take two to 3 in a sitting, which falls within the recommended intake range.

Cannabis Chocolate Chip Cookies

Finally, I am going to give you a much simpler recipe for preparing chocolate chip cookies. These chocolate chip cookies are similar to the ones we have

prepared above except for the fact that they are prepared much faster. Furthermore, we have used THC rich cannabis oil for this recipe for those who wish to get high.

Ingredients

1 cup of all-purpose flour

1/2 teaspoon of baking soda

1/2 teaspoon of salt

3/4 cup of brown sugar

14 grams of cannabis butter, 0.5% THC potency

1 fresh egg beaten

1/2 teaspoon of vanilla extract

1 cup chocolate chips of your choice

Directions

1. Preheat your oven to about 375 degrees F.

2. Whisk together all the dry ingredients in a large bowl. These include baking soda, flour, and salt.

3. In a medium-sized bowl, whisk together the sugar and cannabis butter using a hand blender until they are slightly fluffy. This should take about 2 to 3 minutes.

4. Now add the eggs and beat well.

5. Gradually add the dry ingredients prepared above into the wet ingredients as you mix.

6. Once the dough is formed to a soft consistency, fold in the chocolate chips.

7. Now scoop 1 tablespoon each of dough and roll the dough into balls and spread them on a baking sheet lined with parchment paper.

8. Now flatten the balls gently with your hand before baking in the oven for

about 10 minutes.

9. Remove the chocolate chip cookies from the oven and allow them to cook for about 2 minutes before removing from the tray for serving.

The chocolate chip cookies we have just prepared can be served straight from the oven or can be cooked and served later. You can store them in a dry, cool place for use up to a week. The cookies should serve 8 people in one sitting. Each serving of the cookies will contain about 7mg of THC, which falls within the recommended daily intake of cannabis.

Cannabis and Chocolate Recipes

Although we have already looked at some no-bake cake recipes, there are those who prefer baking. In this section, we are going to look at a few cake recipes that include baking. For all of these recipes, we have introduced cannabis or hemp infused butter or oil to make your cakes more enjoyable and healthier.

Cannabis Brownies

Ingredients

3 tablespoons of all-purpose flour

3 tablespoons of sugar

2 tablespoons of cocoa

1/4 teaspoon of salt

1 egg

2 tablespoons of milk

1/2 teaspoon of vanilla extract

1/2 teaspoon of hemp oil - 1% CBD potency

Directions

1. Combine all the dry ingredients above in a large bowl and whisk them together.

2. In a separate bowl, mix all the wet ingredients, including cannabis oil.

3. Allow the mixture to settle for about 3 minutes once you are done with mixing then combine the dry and wet ingredients. You should pour the wet ingredients to the dry ones and not the other way round and mix well with a whisk.

4. Cook your batter in the microwave for about 3 minutes or until a toothpick inserted in the center of the dough comes out dry. Alternatively, cook in the oven at 350 degrees F for about 30 minutes.

5. Remove your cake from the microwave or oven and slice it into small pieces to serve.

The cannabis cake we have prepared in this recipe can serve up to 3 people. Each serving of the cake should contain just about 20 mg of CBD, which is within the recommended daily intake rage.

Cannabis Chocolate Cake

If you are a fan of chocolate like me, you should be interested in preparing a cannabis chocolate cake. This cake is in many ways similar to the other cakes we have prepared except for the introduction of pudding. We will also be using cannabis butter for this particular recipe to make it friendly to all family members.

Ingredients

2 grams of 5% potency CBD hemp butter

1/4 a cup of butter

500 grams of chocolate cake mix

3 eggs

90 grams of Jell-O chocolate instant pudding

450 grams of chocolate frosting of your choice

Directions

1. Preheat your oven to about 400 degrees F.

2. Melt the cannabis butter on a small saucepan over slow heat and use it in mixing the cake in place of cooking oil.

3. Mix together the cake according to the directions provided on the packaging. Use cannabis-infused butter together with water and eggs.

4. Pour the cake mixture prepared above into 2 evenly sized pans and bake for about 30 minutes or until a toothpick inserted at the center of the cake comes out dry.

5. Make your pudding mix and spread a thin layer over the top of your cake. Place the other cake on top of the pudding mix layer to create a sandwich.

Smoother the entire cake in chocolate frosting and enjoy.

The cannabis chocolate cake we have just prepared is very delicious and can serve up to 10 people for dessert. It should contain about 15mg of CBD per serving if you have used hemp butter with a potency similar to mine. However, if you have used THC rich cannabis or hemp with different potency, look at the potency calculation guide in the next chapter.

Cannabis Chocolate Pudding Cake

The other cake we are going to prepare is the cannabis chocolate pudding cake. For this cake, we are going to use THC potent cannabis butter, which means that the cake can get you high. Make sure you use the right dosage of the cannabutter to avoid a case where your guests or family overdose on the drug.

Ingredients

2 grams of cannabis butter, 1% THC potency

1 gram of unsalted butter, softened

2 tablespoons of unsalted butter, softened

8 grams of vegetable oil

1 cup of white sugar

1/2 a cup of instant chocolate pudding powder

4 eggs

50 ml of milk

50 ml of milk

1/2 a teaspoon of vanilla extract

1 cup of all-purpose flour

1/4 cup of unsweetened cocoa powder

3 tablespoons of cornstarch

4 teaspoons of baking powder

1/2 teaspoon of sea salt

1 cup of confectioners' sugar

4 tablespoons of milk or water

2 teaspoons of vanilla extract

Directions

1. Preheat your oven to about 350 degrees F.

2. Grease a 9-inch Bundt pan with the 2 tablespoons of unsalted butter and coat the pan evenly with a thin dusting of flour.

3. In the bowl of your stand mixer fitted with your paddle attachment, cream the butter and cannabutter with the sugar until fluffy.

4. Add in the pudding powder above and beat continuously at high speed. While still beating, add the eggs one at a time and mix well after each addition.

5. Combine the milk, vegetable oil, and vanilla extracts in a different bowl and whisk the ingredients to combine.

6. Add the mixture of vegetable oil to the mixture of butter prepared above and whisk until well combined.

7. Add the cocoa powder, flour, cornstarch, baking powder, and salt and mix on low speed until well combined. If the mixture gets too hard, increase the speed to medium.

8. Once well combined, finish mixing with your hand to be sure that the batter is

well combined.

9. Pour the batter into the prepared Bundt pan and bake at 30 degrees F for about 60 minutes. Test to see whether the cake is ready by inserting a toothpick to see if it comes out dry.

10. Once ready, cool for about 15 minutes and place the pan upside down on a cooling rack then remove the pan. If the pan feels too hard to remove, let it cool for 10 more minutes before attempting to remove it again. Allow your cake to cool completely before adding the glaze.

11. To make the glaze, place your sugar into a medium-sized bowl and slowly stir in the milk and vanilla to prepare a smooth, pourable glaze.

12. Pour the glaze over your cake starting from the top and let it drip down the sides of the cake.

The cannabis pudding cake we have just prepared can serve up to 10 people in a sitting. Each serving of the cake will contain about 5 mg of THC, which falls within the recommended daily intake of THC.

Cannabis Chocolate and Candy Recipes

Besides cakes and cookies, the other popular dessert recipes include chocolate and candies. Chocolate and candy desserts are loved due to the ease of preparation and their mouth-watering sweetness. The beauty of chocolate and candy desserts is that they will make the taste of cannabis disappear, allowing you to enjoy a full range of flavors throughout.

Hemp Oil Quick Chocolate Candy Recipe

Ingredients

2 cups of semi-sweet chocolate chips

1/3 a cup of corn syrup

1/2 a teaspoon of peppermint extract

1/2 teaspoon of vanilla

1/2 a teaspoon of hemp oil

6x6 inch clear plastic wrap

Directions

1. Line a 9 x 5 loaf pan with plastic wrap.

2. In a saucepan, melt the chocolate over low heat with occasional stirring. Once ready, remove the chocolate from heat and add in the hemp oil, corn syrup, extracts and mix well. Quickly pour the mixture into the pan before it dries up and spreads evenly.

3. Refrigerate the chocolate uncovered for about 30 minutes or until it is firm.

4. Cut your chews into 9 rows by 4 rows for 36 square pieces.

5. Place 1 chew at the center of 1 end of the individual plastic wrap square and

fold up, twisting the ends of the wrap.

Chocolate Candy Recipe

Ingredients

1/4 cup of cocoa powder

3 tablespoons of coconut oil infused with hemp

3 tablespoons of pure maple syrup

Cacao nibs extract

Directions

1. This recipe requires chocolate candy molds. However, you can also pour the chocolate into a flat surface and cut it into pieces.

2. Gently warm the oil and combine all the ingredients in a small bowl.

3. Stir the ingredients together using a spoon or a whisk until they turn thick.

4. Pour the thick mixture into a flat container or chocolate and candy molds. You may also smush between layers of wax paper.

5. Chill your cannabis chocolate candy bars for about 30 minutes or until they are completely hardened.

6. Once hardened, you can serve the pieces from the molds directly, or you may use a knife to slice them into smaller pieces. If you wish to prepare a chocolate source, you will have to melt the bars once more.

Cannabis Custard and Pudding Recipes

The other popular dessert option in most homes is the custard. Custards are easy to prepare and can be used by all family members, including children. You may either use CBD or THC rich butter or oil to prepare your custards at home. Here are the recipes.

Custard Pudding

Ingredients

1/2 a cup of sugar

2 tablespoons of cornstarch

2 cups of milk

2 egg yolks

2ml of 30% CBD potency

Directions

1. In a medium-sized saucepan, combine the sugar and cornstarch.

2. Slowly whisk in the cannabis oil, milk, and egg yolks.

3. Place the ingredients over medium heat and bring the custard to a boil. Cook your custard for about 1 minute with constant stirring.

4. Pour your ready custard pudding into a mug or a serving bowl and let it cool naturally for about 20 minutes. You may also refrigerate for about 10 minutes to set.

The custard we have prepared in this recipe can be shared by two people. Each serving should contain about 40 mg of CBD, which falls within the

recommended CBD intake per day. However, you should not take more than 1 serving of the custard.

Baked Custard Recipe

The custard pudding recipe we have prepared above does not involve any baking. For this recipe, we are going to use THC rich cannabis butter, and we are going to bake the custard. Here is the recipe.

Ingredients

4 large eggs fresh from the farm. Avoid refrigerated eggs if possible.

1/2 a cup of granulated sugar

1/2 a teaspoon of salt

1 teaspoon of vanilla extract

4 cups 2% milk

1 teaspoon of 1% THC rich cannabis butter

1/2 teaspoon of ground nutmeg

Directions

1. Preheat your oven to about 350 degrees F.

2. In a medium-sized bowl, beat the eggs on medium-low speed for about 30 seconds.

3. Add some sugar, salt, and vanilla and gently mix until smooth.

4. Pour your milk into a microwave-safe bowl and heat in 1-minute temperature increments until the temperature of the milk reaches 180 degrees F. Make sure you stir occasionally to distribute the heat throughout the milk.

5. Remove a cup of the heated milk and drizzle into the egg mixture above and whisk the mixture quickly until they are well mixed.

6. Slowly pour the rest of the milk into the milk and egg mixture above and

whisk constantly until they are all well mixed.

7. Beat the mixture well with a hand mixer for about 30 seconds.

8. Melt your cannabis butter over medium heat and add to the mixture above. Use a hand mixer to mix the ingredients well for about 30 seconds.

9. Now pour the custard into 10 6-ounce ramekins- divide the custard equally between the cups.

10. Place the ramekins in a 10 x 15-inch baking pan and sprinkle the nutmeg over the custard.

11. Heat 10 cups of water to hot but not boiling on the stove.

12. Pour the hot water into the pan around the ramekins. Be careful not to pour any of the water into the custards.

13. Carefully place your pan into the preheated oven and bake your custard for about 40 minutes. However, the time might vary between 30 minutes and 45, depending on the size of the ramekins used. To ensure that your custard is well cooked, insert a knife into the center of the custard and withdraw to see if it comes out clean. If the custard is yet to be ready, the knife will not come out clean. Serve your cannabis custard while warm or let it cool for later use.

The cannabis custard we have just prepared offers the ideal dessert for adults who enjoy recreational cannabis. The custard can be served to about 10 people, and each serving will contain about 7mg of THC. If you are serving your guests, inquire about their medical history in advance to avoid chances of side effects during the dinner.

Cannabis Deep-fried Desserts

The other type of desserts we can prepare at home include deep- fried foods. For this section, we are going to look at a few cannabis-inspired recipes that are easy to prepare. Deep-fried desserts may be a bit time consuming, but I will try to simplify them as much as possible so that we can all benefit from the desserts.

Hemp Butter Fried Dough Bites

Ingredients

8 grams of unsalted butter, softened

2 grams of hemp butter, softened

1/2 a cup of brown sugar packed

1 large egg

1/2 teaspoon of vanilla extract.

1 cup of all-purpose flour

1 cup of chocolate chips

1 cup of all-purpose flour

1 teaspoon of baking powder

1/4 teaspoon of salt

1/4 cup of granulated sugar

2 teaspoons of vegetable oil

1 cup of milk

3 cups of vegetable oil, for deep frying

Instructions

Instructions

1. Line a medium-sized baking sheet with parchment paper or wax paper and a plate with paper towels.

2. In a bowl, add cream, the cannabutter, butter, sugar, and egg and mix well. Add the vanilla extract, flour, and chocolate chips until they are well blended.

3. Scoop the mixture into 1.5 inch round balls and place on the baking sheet

4. Freeze your dough balls for about 15 minutes while you prepare the batter.

5. To make the batter, in a medium-sized bowl, mix flour, baking powder, salt, and the sugar.

6. Add in milk and oil. Whisk the mixture continuously for about 5 minutes or until smooth.

7. To start frying your dough, add about 2 inches of oil to a medium-size saucepan and heat to about 375degreees F.

8. Dip your frozen cookie balls into the batter you have just prepared and gently drop them into the hot oil. Be careful when dropping your cookie balls to the oil since they can lead to splashing. This might lead to burns.

9. Fry the cookie balls for about 2 minutes on each side until they turn golden brown all around and remove from the oil to the prepared plate. Repeat the same with the remaining balls in batches.

If you wish to use any toppings, drizzle on the cookies and serve while hot or cold.

The hemp butter-fried dough bites we have just prepared in this recipe are very delicious. They can serve up to 15 people, and each serving of the dish should contain about 25 mg of CBD. If you have children at home, you can also serve them the dough bites since they are nutritious and healthy.

Cannabis Homemade Churros

The other type of deep-fried dessert you can prepare is what we call churros. This is a special dish that is prepared from all-purpose flour with the addition of other ingredients. For this particular dish, we are going to use cannabis butter with high THC potency. In other words, you should only follow his recipe to the letter if you are used to consuming cannabis products. Furthermore, this dessert should not be served to kids or any individuals with underlying health conditions.

Ingredients

110 grams of all-purpose flour

24 grams of unsalted butter

4 grams of 2% THC potency cannabis butter.

250 ml of water

A pinch of salt

2 tablespoons of sugar

1 egg

Frying oil

Directions

1. In a medium-sized saucepan, mix the water, butter, cannabis butter, sugar, and a pinch of salt and bring to boil on medium heat. Ensure that you do not heat the ingredients too fast since the butter might scorch.

2. Once they boil, add the flour to your mixture and mix vigorously until well blended. The dough should come together in approximately 1 minute.

3. Remove the dough from the heat and let it cool down for about 5 minutes or so. Once the temperature is low enough for handling, add the egg and work the dough with your hands. Make sure you work the egg into the dough as fast as possible since the egg might start cooking on the surface of the warm dough. At first, the churro might look as if it does not want to bind, but it will eventually work out.

4. Pour your frying oil into a large frying pan and heat it up to about 350 degrees F. You can test to see if the oil is ready by dropping in a small piece of the dough. It should rise to the surface of the oil in about 10 seconds.

5. Fill a piping bag fitted with a star piping tip with half of the dough.

6. Once your oil is ready and has been tested, pipe your dough directly into the hot oil. You can make your churros whatever length you like and cut with the fork. Do not pipe too many churros into the oil since they will need space to cook well.

7. The churros should gradually get colored from brown to dark. If they are not getting dark evenly, reduce the heat.

8. Once your churros are ready, remove them from the frying pan and place them on a kitchen paper towel.

9. While they are still warm, roll each of the churros in sugar mixed with ground cinnamon.

With that, we have prepared our cannabis enriched churros. The churros we have prepared in this recipe can serve up to 10 people or more. Each serving of the dish should contain about 10mg of THC. This means that the churros have high potency of THC and should not be served to young children. If you have used cannabis butter with a different potency from mine, calculate the dosage of the churros before serving to your guests.

Cannabis Frozen Dessert Recipes

The other type of dessert we can prepare at home is frozen desserts. We have already looked at some no-bake, baked, deep-fried, and custard recipes. I am sure you have found a cannabis or hemp recipe that works for you from the above options. However, if you are yet to find a recipe that works, I have just the right option in this section.

Cannabis Butter Triple Chocolate Frozen Recipe

The first frozen dessert recipe on my list is a simple triple frozen chocolate. In this recipe, we are going to use THC rich cannabis butter, which means that the dish may not be served to children.

Ingredients

250 grams of finely chopped white chocolate

250 grams of finely chopped milk chocolate

250 grams of finely chopped dark chocolate

3 cups of heavy cream

2 teaspoons of instant coffee granules

Hot fudge sauce, for garnish

1 teaspoon of cannabis butter, 1% THC potency

Directions

1. Line a 9 x 5 loaf pan with parchment paper or aluminum foil so that it extends 2 inches above the pan.

2. Place each of the chocolates in a separate bowl, i.e., place the white chocolate, dark chocolate, and milk chocolates in separate bowls.

3. In a heat-safe saucepan, heat the cannabis butter and the cream over low heat until they are hot and simmering. Stir your buttercream mixture constantly to combine and avoid chances of scorching.

4. Pour 1 cup of the cream over each of the chocolates in different bowls. Stir each of the bowls until the chocolate cream mixture is finely smooth.

5. To the milk chocolate bowl, add the instant coffee granules.

6. Allow all the chocolate mixtures to cool down for about 5 to 10 minutes.

7. Place the melted chocolates in the refrigerator to freeze for about 30 minutes.

8. In the bowl of a stand mixer, beat the milk chocolate on medium-high speed for about 2 to 3 minutes. Once the chocolate becomes thick like sour cream, stop beating. Be careful not to overbeat.

9. Now spread the whipped milk chocolate in the bottom of a pan and place the pan in the freezer.

10. Rinse the mixing bowl and beat the white chocolate in the same process as you did with the milk chocolate. Once it becomes thick like sour cream, stop beating.

11. Spread the thick creamy white chocolate over the milk chocolate on the pan and place the pan in the freezer once more.

12. Again, rinse the mixing bowl and then whip attachment and whip the dark chocolate in the same way you did with the other two chocolates.

13. Spoon the dark chocolate over the top of the chocolates in the pan and smooth it with a spoon.

14. Cover the top of the pan with aluminum foil and freeze your chocolates until

they are firm. This should take about 3 hours of freezing.

15. Once they are firm, your cannabis chocolate dessert should be ready for serving. Remove the aluminum foil and flip the chocolate into a serving plate.

16. Slice your chocolate and serve with toppings if you like.

With that, you have prepared a delicious triple frozen chocolate enriched with cannabis. This chocolate can serve up to 10 people, and each serving should contain about 7 mg of THC. You may downsize this recipe by reducing the volume of chocolates used in equal measure and also reduce the cannabis butter accordingly.

Cannabis Butter Creamy Mocha Frozen Dessert

If you are a fan of cheese, the creamy mocha will do you some justice. This recipe involves the use of creamy cheese in combination with some chocolate. We will also use sufficient amounts of cannabis butter in this recipe.

Ingredients

2 teaspoons of instant coffee granules

1 tablespoon of hot water

1 cup of chocolate cookie crumbs filled with cream

3/4 cup of chopped pecans, divided

1/4 cup of butter, melted

1 teaspoon of cannabis butter 5% THC potency, melted

500 grams of cream cheese, softened

500 grams of sweetened condensed milk

1/2 a cup of chocolate syrup

230 grams of frozen whipped cream

Directions

1. In a medium-sized bowl, dissolve the coffee granules in hot water and set the coffee water aside. In a different bowl, combine the cookie crumbs, 1/2 cup of pecans, cannabis butter, and butter. Pat into a 13 x 9 baking dish.

2. In a separate large bowl, beat the cream cheese until it turns light and fluffy. Add the coffee mixture, milk, and chocolate syrup above and blend.

3. Fold your whipped toppings in the blend above and spread over the crust.

4. Sprinkle the rest of the pecans on top, cover, and freeze for 4 hours or until firm.

The cannabis mocha dessert we have prepared in this recipe can serve up to 15 people for dessert. Each serving will contain just about 5mg of THC, which is the recommended intake for those who are starting out with cannabis.

Black and White Frozen Dessert

The black and white frozen dessert is a special recipe made by a combination of varied ingredients. This is one of the sweetest desserts you can serve to your guest. For this frozen dessert, we are going to use hemp butter to make it friendly for the entire family. Here is the recipe:

Ingredients

1 package of Oreo cookies, crushed

1/2 a cup of butter, melted

2 grams of hemp butter, 40% potency (melted)

2 cups of heavy whipping cream

1/4 cup of powdered sugar

2 teaspoons of vanilla

220 grams of cheese cream- softened

500 grams of sweetened condensed milk

1/2 a cup of hot fudge sauce

Directions

1. In a small bowl, melt the cannabis butter and butter and mix well.

2. In a large bowl, combine the crushed Oreo cookies with melted butter and hemp butter until the cookies are well coated in butter.

3. In a 13 X 9 glass baking dish, press about 2/3 of the mixture prepared above and set aside.

4. In a medium-sized bowl, combine the cream with powdered sugar and vanilla until stiff peaks form.

5. Place the cream cheese in a large bowl and use the same beaters used to beat the cream cheese until it is fluffy.

6. Slowly beat the sweetened condensed milk until smooth.

7. Fold the whipped cream into the cream cheese until well combined.

8. Now spoon the filling over your cookies in the pan, cover with aluminum foil and freeze for an hour.

9. Once they are firm, drizzle the fudge sauce over the filling and gently spread to make a thin layer.

10. Now sprinkle the rest of the cookie crumbs into the mixture.

11. Cover your dessert and freeze for about 5 to 5 hours or until serving time.

12. Cut your black and white dessert into pieces and serve.

The cannabis black and white dessert we have just prepared here can serve up to ten people. Each serving of the dessert should contain about 20 mg of CBD, which is okay for all people, including children and those on medication.

Cannabis Jellied Dessert Recipes

The other type of cannabis desserts we can prepare is cannabis jellied desserts. If you love jelly desserts, we have just the right options for you.

Cannabis Flummery Jelly Whip

For this recipe, we are going to prepare a flummery jelly whip enhanced with cannabis butter. Here is the recipe.

Ingredients

85 grams of jelly crystals

3 cups of boiling water

1 gram of cannabis butter, 1% THC potency

2 tablespoons of freeze-dried fruit powder

375 ml of chilled evaporated milk

2 grams of cannabis butter 2% THC potency

Instructions

1. To make the jelly, combine the jelly crystals, cannabis butter, and hot water in a bowl and stir continuously until the crystals are well dissolved.

2. Let your jelly cannabis butter mixture cool down and pour into a large serving dish.

3. Refrigerate for about 4 hours to set. For the best results, you should prepare your cannabis jelly 1 day before serving.

4. To make the flummery, combine the hot water, jelly crystals, and cannabis butter as we have done above. If you are using cordial or juice, you should add it

at the same time as the water**.** If you are using fruit powder, add it to the crystals before adding water. Stir the mixture continuously until the crystals are fully dissolved and let it cool to a runny set.

5. Now add the chilled evaporated milk to an electric mixer and whip continuously on high speed for about 5 minutes or until a thick frothy cream is attained. You can also beat it with your hand, but you will not get the same consistency. Since the milk will triple in volume when beating, make sure you use a large bowl.

6. Now reduce the whipping speed and add the semi-set jelly we have prepared in the first step to the mixture and increase the whipping speed. Continue beating the jelly and whip for about 2 minutes or until well combined.

7. Now pour the mixture over the dishes of set jelly and refrigerate for at least 2 hours to set. Decorate your jelly with whipped cream and serve your flummery.

This cannabis-inspired recipe has two options. For the first recipe, we prepare cannabis-inspired frozen jelly. Each serving of this dish should contain about 7 mg of THC. The entire jelly can serve up to 4 people for dessert. In the second section, we combine jelly with whipped cream to prepare cannabis-inspired flummery. For this recipe, we have used 2 grams of cannabis butter of 1% THC potency. This dish can serve up to 6 people, and each serving should have 10 mg of THC.

Hemp Oil Fruit Jelly Squares

Besides the flummery recipe above, we can also prepare cannabis-inspired jelly squares. For this recipe, we are going to use hemp oil, which does not contain any THC.

Ingredients

6 gelatin leaves, Golden grade

1/2 a cup of juice

1/2 a cup of water

1 tablespoon of lemon juice

2 tablespoons of sugar

2 tablespoons of sugar

2 ml of hemp oil

Vegetable oil

Directions

1. Line a baking sheet with plastic wrap.

2. Soak your gelatin in cold water for about 5 minutes.

3. In a saucepan, mix the water, fruit juice, and lemon juice. Stir in the sugar and bring to boil and reduce the heat.

4. Squeeze the gelatin leaves and dissolve in the juice mixture without boiling.

5. Now fill the jelly mix into the dish and let it set in the fridge for about 6 hours.

6. Cut the jelly into cubes using a cookie cutter. You may spread your knife with some oil to make the slicing easier.

7. Combine 5 ml of vegetable oil with your hemp oil and use a pastry brush to coat your jelly with a thin layer of the oil.

The fruit jelly squares we have just prepared in this recipe are delicious with fruity flavors. They can serve up to 10 people, and each serving should contain about 30 mg of CBD, which falls within the recommended daily intake range.

Cannabis Pastries Recipes

We have already looked at some pastries in the sections above. However, I wish to show you some easy to prepare pastries recipes that make the best desserts. For each of these desserts, we will either use cannabis butter or hemp butter to add value to our dish.

Cannabutter Cheese Pastry

This recipe is made in two steps. We start by preparing the cheese pastries then prepare with the filling. We are going to use cannabis butter for this recipe, which means that it is not ideal for children.

Ingredients

220 grams of cream cheese, softened

226 grams of butter, softened

5 grams of cannabis butter, 2%THC potency, softened

2 cups of all-purpose flour

1/2 teaspoon of salt

1/2 a cup of powdered sugar for dusting

220 grams of softened cream cheese

1/2 a cup of powdered sugar

1 teaspoon of pure vanilla extract

Strawberry jam

Directions

1. In a mixer bowl, beat the cream cheese, cannabis butter, and butter until smooth and fluffy.

2. Add the flour and salt to the cream and continue mixing until thoroughly combined.

3. Lightly dust your work area with powdered sugar.

4. Transfer your dough to your work area and shape it into a large ball.

5. Divide the ball of dough into 4 rounds, flatten each round and cover them in plastic wrap.

6. Refrigerate the 4 rounds for about 30 minutes.

7. While the dough stays refrigerated, prepare the filling by combining the cream cheese, powdered sugar, and vanilla in your mixer's bowl.

8. Beat your cream until smooth and set aside.

9. Dust your work area with flour.

10. Remove your dough from the fridge and let it rest for about 5 minutes.

11. Roll each ball of the dough into 1/4 inch thickness and cut into 3 x3 squares.

12. Fill the center of each square with 1/2 a teaspoon of cream cheese mixture and 1/2 teaspoon of strawberry jam.

13. Overlap the opposite corners of the dough to the center over the filling and pinch seams together.

14. Refrigerate the dough for 1-hour and bake in an oven at 375 degrees F for about 10 to 11 minutes.

15. Let them cool completely and serve.

The cannabis butter pastries we have prepared in this recipe contain about 5mg of THC per serving. The pastries can serve up to 15 people for dessert. However, these pastries should not be served to children under the age of 18.

Quick and Flaky Pastries

The last type of dessert we are going to prepare is the quick flaky pastries enriched with hemp butter. For this recipe, we are using hemp butter to ensure that they are friendly for the whole family- including children. Here is the recipe

that they are friendly for the whole family- including children. Here is the recipe:

Ingredients

175 grams of butter at room temperature

5 grams of hemp butter at room temperature, 35% CBD potency

225 grams of all-purpose flour

A pinch of salt

1/4 cup of cold water

2 tablespoons of sugar

Instructions

1. Mix the all-purpose flour and salt in a bowl and add the sugar.

2. Weigh the butter and divide it into 4 equal amounts.

3. Add one portion of the butter and the entire cannabis butter into the flour and incorporate it in using a round-bladed knife. Continue incorporating while adding some water until an elastic dough is attained.

4. Dust the rolling surface with some flour and roll the dough into a rectangle shape. If the flour is sticky, keep on rolling while adding some flour until a thickness of 4mm is attained.

5. Run excess flour from the surface and dot the one portion of butter on two-thirds of the rolled pastry evenly.

6. Fold your pastry into three portions by bringing the end without butter to the center and folding down the other two thirds.

7. Press the pastry edges together with your fingers and give the pastry half a turn. Roll out slightly again until the pastry is 4 mm thick.

8. Repeat the steps 5 to 7 twice with the other portions of the butter, then fold into three, cover with plastic wrap and chill in the fridge for 30 minutes.

9. When you remove from the fridge, slice into your preferred sizes, and bake in the oven at 375 degrees F for 10 minutes

the oven at 375 degrees F for 10 minutes.

10. Serve while warm.

The cannabis-inspired quick pastries we have prepared above are ideal for all family members since they do not contain any THC. Each serving of the pastries contains about 30 grams of CBD, which falls within the recommended daily intake.

Chapter 4: Storage and Dosage of Cannabis Products

While we have provided the right dosage for all the dishes we have prepared, the reality on the ground is different. When you start preparing these dishes, you will face a challenge of dosage. There are many factors you will have to consider in getting the right dosage for your cannabis desserts. First, you will have to consider the THC or CBD potency of the cannabis you use. If you do not know the potency of the cannabis strain you are using, you will have a problem in determining the right dosage for all the dishes.

In this chapter, we are going to look at the storage and dosage of cannabis butter and oil. We have used cannabis butter oil and tinctures in our recipes. If you have to prepare these products at home, you will also have to employ the ideal storage strategies.

Storage and Dosage of Cannabutter

The first step towards the correct dosage of cannabis butter is determining the potency of the cannabis strain you are using. For those of us using hemp, the process is much easier. Hemp is the only type of cannabis that has been approved to grow in the US commercially. This means that you are likely to come across fresh hemp buds and leaves in the local cannabis dispensary. If you live in a state where medical marijuana is legal, you should not have any problem coming across hemp.

For those who are looking for THC rich cannabis, the locally available strains are not highly potent as the commercially produced strains. Most strains grown by local farmers may have a potency of between 0.5% and 27%.

Cannabis Dosage Chart

User	**THC in mg**	**CBD in mg**
Beginner	1-5 per day	10-20 per day
Intermediate	5-7 per day	20 -30 per day
Regular user	7 -10 per day	30- 40 per day

As you can see from the table above, the recommended dosage for cannabis depends on whether you are taking CBD or THC. For the sake of CBD, an individual is allowed to use 10-40mg per day. On the other hand, you are only allowed to use up to 10mg per day of THC. The dosage also depends on how often you use the drug. For a beginner, the recommended dosage of THC is about 1 to 5 mg per day. However, an ardent user of cannabis can consume about 7 to 10 mg of THC each day without a problem. Given that CBD does not offer any serious side effects, you can start at 20mg per day.

In essence, there is no black and white answer when it comes to the right dose of THC and CBD among users. The reaction of a person to the drug depends on their body. There are some people who experience the side effects of THC, while others barely notice a difference after consuming the drug. This means that you should not base your consumption of cannabis on any other person. Doctors recommend that when you are just starting to use cannabis, you stick to the lowest dosage possible. This would mean that you start at 1mg of the drug per day. After several days of weeks of use, monitor the effect that the drug has on you, and increase the amount gradually.

With that said, you should know how to calculate the amount of THC or CBD in your cannabis butter or cannabis oil. Even if you know the amount of cannabis you are supposed to use per day, you may end up overdosing unless you understand how to calculate the amount of cannabis in your butter.

Calculating THC and CBD in Cannabutter

For those who are using hemp, the calculations are straight forward. Hemp contains about 40% CBD for the buds, 20% CBD for the leaves, and less than 0.3% THC. This means that the THC in hemp is not significant to affect the users of the herb. Now, we have to calculate the amount of CBD that we will have in our butter if we use hemp buds. In our recipe for preparing cannabis butter, we used 10 grams of hemp buds and 128 grams of butter. My assumption is that you also used the same ingredients in similar amounts. If you use different amounts, you can adjust your figures in calculations.

Butter = 128 grams

Hemp buds = 10 grams

CBD in grams = 40% of 10 grams = 4grams.

Total final hemp butter = (128 + 4) 132 grams

CBD potency of the butter = (4/32) X 100= 12.5%

This means that in every 100 grams of the hemp butter we have prepared, you will have 12.5 grams of CBD. Given that the daily recommended intake of CBD is 40 mg, we need to convert this figure into milligrams to find out the number of milligrams available.

Converting Grams to Milligrams

1 gram = 1000 milligrams. Therefore, 12.5 grams will be equal to 12,500 milligrams of CBD. You can see from this simple example that; any slight mistake will lead to an overdose. This is the reason why we use very little cannabis butter or oil in our recipes above. If 100 grams of the butter can contain 12,500 mg of CBD, it means that even cooking with 10 grams of the butter will still be problematic.

Arrive at the Right Dosage

Now that you know the recommended daily intake of CBD per day (40mg) and you know the potency of your hemp butter (12.5%), you can determine the number of milligrams of CBD to use in your meal after determining the number of servings.

For instance, you wish to prepare a cake that will be served to 10 people, you

For instance, you wish to prepare a cake that will be served to 10 people, you should ensure that each person eating the dish does not consume more than the recommended 40mg of CBD per day. Furthermore, if you have children or people who are new to cannabis, you should try to see that each serving does not contain more than 20mg of CBD. Let's take an example.

Number of people to serve = 10

Required milligrams of CBD per serving = 30

Total milligrams of CBD required for the dish = (10 X 30) 300mg

To determine the amount of hemp butter to use in your dish, calculate starting with the 300mg.

Say 300mg = 12.5% of butter

The amount of cannabis butter required for this recipe will be (100/12.5) X 300 = 2400 mg of hemp butter. This is equal to 2.4 grams of the butter.

This calculation shows that to prepare a cake that will serve 10 people, you only need about 2.4 grams of 12.5 % potency hemp butter. If you try using too much of the butter, you may end up overdosing on CBD.

If these calculations look to complex for your liking, just search for a cannabis dosage calculator online and use it to determine the amount of cannabis butter to use in your cooking.

When calculating the amount of THC/CBD and the amount of cannabis butter to use in your dishes, simply use the same approach. Start by determining the potency of your cannabis buds. In most cases, you will have between 0.5 and 5% THC rich cannabis leaves. Calculate the weight of THC available in your leaves and add it to the weight of the butter used in the infusion. Calculate the percentage of THC in your butter by weight and Follow the rest of the procedure to determine the amount of cannabis butter to use in each of the desserts you prepare.

Storage of Cannabutter

Cannabis butter is likely to go rancid in a few days when stored at room temperature. The butter contains organic matter and will get rancid in a few days if it is not stored in the right way. To ensure that your cannabis butter lasts

if it is not stored in the right way. To ensure that your cannabis butter lasts longer, store it in an airtight container such as the mason jar and refrigerate. The refrigerated butter can last up to 4 weeks while in a usable state. However, if you happen to prepare too much butter, you may freeze it for use up to 6 months.

Storage and Dosage of Cannabis Oil

The dosage and storage of cannabis oil are not very different from that of cannabis butter. If you chose to prepare cannabis-infused oil instead of cannabis butter, use the calculation formulas above to arrive at the right dosage for your cannabis. First, determine the potency of your cannabis, determine the weight of cannabis buds used, and calculate the weight of CBD or THC in the cannabis leaves. Use this weight to determine the potency of your cannabis oil. From the potency, calculate the amount of cannabis oil to use in your recipes depending on the quantity of food and the number of people to share. From the cannabis dosage table above, make sure your dosage is in line with the recommended daily intake.

The storage of cannabis oil is also similar to that of cannabis butter. However, cannabis oil may have a bit longer shelf life even without refrigeration. The first step to ensuring that your cannabis oil remains usable for a long time is to store it in an airtight container. Secondly, the oil must be stored in a dark container, where it is not exposed to direct light. Lastly, the container should be stored in a cool place away from direct heat.

Cannabis oil will degrade if it is exposed to oxygen, direct light, or too much heat. The cannabinoids in the oil will only remain active if you store your oil away from direct heat in a cool dark place. Storing your cannabis-infused oil in a cool dark place will give it a shelf life of about 4 weeks. If you wish it to last longer, refrigerate for a lifespan of up to 6 months or freeze for a lifespan of up to 2 years.

If you choose to freeze cannabis butter or cannabis oil, make sure you do not warm it in the microwave when it is time to use. Once you are ready to use your cannabis butter, warm it gently over a stove so that the cannabinoids in the oil are not damaged.

Storage and Dosage of Cannabis Tinctures

For the cannabis tinctures, storage and dosage are very similar to the storage and

dosage of cannabis butter and oil. The cannabis tincture is prepared through a solvent process, where the flowers are dissolved in high proof alcohol. This process helps harvest the beneficial CBD and THC trichomes from the plant. In the same way, we have calculated the dosage of cannabis butter, we can also calculate the dosage of cannabis tincture. The calculation will also start by determining the potency of cannabis used in terms of CBD or THC by mass. If your cannabis has a THC potency of 5%, take 5% of the mass used in the tincture to determine the mass of THC in your tincture. Go ahead and determine the percentage by mass of your THC in the tincture and use this percentage to calculate the amount of THC for use in each of the recipes. The section above gives a more detailed formula on how to calculate your cannabis dosage.

When it comes to storage, the storage and preservation of cannabis tinctures are very similar to that of butter and oil. However, cannabis tinctures tend to have a slightly longer shelf life as compared to butter and oil. Cannabis tinctures prepared with alcohol can stay on the shelf for up to 4 months without going rancid. However, you should ensure that your tincture is stored in an airtight container and in a dark place. Mostly, people store their cannabis tinctures in a dark glass bottle to avoid direct exposure to the sun.

Just like it is the case with cannabis butter and oil, you can also make the lifespan of cannabis tinctures longer by either refrigerating or freezing. With refrigeration, the tincture can last between 6 months and a year. On the other hand, freezing can give your tincture a lifespan of more than a year. Unless you are preparing very large amounts of the tincture, I don't think you will need to store yours for longer than a year.

With that said, make sure you do not expose your cannabis products to direct heat. Whether you are dealing with cannabis butter, oil, or tincture, exposure to direct heat might damage the cannabinoids in your products. The biggest concern when it comes to refrigeration and freezing is that you may be required to heat your cannabis products when you are ready to use them. If you end up heating with too much heat, the cannabinoids in your cannabis products will get damaged, rendering your cannabis products useless.

When dealing with cannabis tinctures, it is also important to remember that the storage needs for tinctures prepared with alcohol differ from the needs of those prepared with glycerin or vinegar. Glycerin and vinegar tinctures tend to go rancid much faster. Unlike alcohol-based tinctures that may stay on your shelf

for up to 2 months, the glycerin-based tincture will have a shorter life span of just 2 weeks on the shelf and up to 6 months in the freezer. If you use vinegar or glycerin, make sure you prepare just small amounts of the tincture. As mentioned above, the process of preparing cannabis tincture using glycerin or vinegar is similar to that of preparing with alcohol. If you do not drink alcohol or do not want alcohol residue in our cannabis tincture, you can simply substitute the alcohol with vinegar or glycerin.

Storage and Dosage of Cannabis Desserts

We have looked at various desserts, their storage, and dosage. When it comes to the storage of cannabis desserts, each dessert has different needs. There are some desserts that must be consumed immediately after preparation, there are those that are chilled in the fridge, and there are those that require freezing. Thankfully, we have indicated how to store and serve each of the desserts we have prepared in this book. The only concern you should have is when dealing with desserts that require freezing and later heating. There are some foods that cannot be consumed while cold. For instance, when we were preparing the triple chocolate, we had to chill and heat the chocolates again. If you happen to refrigerate any cannabis dessert that needs warming before consumption, don't warm it in the microwave. Any direct heat to the dessert might end up messing with the cannabinoids and hence rendering your cannabis dessert less effective.

When it comes to the dosage, each cannabis dessert has a different dosage, depending on the amount of cannabis used in it. The most important factor to keep in mind is that the dosage of cannabis depends on the number of people who have to consume the food. From our calculations above, you can see that each of the dosses depends on the number of servings. If your intention is to ensure that each serving of cannabis dessert offers 10mg of CBD, stick to the plan. Ensure that each of the guests at your dinner only takes the recommended amount of cannabis-based on the guidance provided above.

Chapter 5: Precautions to Observe when Using Cannabis Products

Now that you know how to arrive at the proper dosage, there are some precautions you should take when dealing with cannabis. Even though we know the recommended dosage for both THC and CBD, there are many cases where an overdose might occur. There are many risks involved with overdosing on cannabis. There are some side effects that may occur in people who suffer from chronic conditions such as high blood pressure and diabetes. In some extreme conditions, a person might faint or experience a heart attack. Such side effects of overdosing on cannabis can be fatal if the right actions are not taken. It is, therefore, important to take precautions when serving cannabis products to people at home.

In this chapter, we are going to look at all the risks and side effects involved in using cannabis. We will then look at the groups of people who should never use cannabis and also look at the possible solutions to these risks. We will look at precautions we can take to avoid certain risks and the actions we can take in case of an overdose or in case any of the mentioned risks happen.

Who Should Not Use Cannabis Products

While both CBD and THC are proven to be medically beneficial to the human body, these substances are not for all people. Every drug available in the market may affect some people more negatively than it affects others. In other words,

there are groups of people who may suffer severe consequences from using cannabis. It is, therefore, important to protect such individuals by not offering cannabis foods to them. Some of the people who should not consume cannabis at all include:

Children

The human brain does not stop developing until the age of 25. Given that cannabis is a psychoactive drug, it is not recommended to give it to children, since it might completely alter their brain function. Several studies have shown that using cannabis in early teen years can change the structure of the brain as it develops. It is, therefore, necessary to avoid feeding children under the age of 18 with cannabis foods. With that said, brain damage will only occur if you use too much of the drug. You may feed children above the age of 10 with CBD products as long as they are within the prescribed dosage. As per for THC, avoid giving it to your children until they are at an age where they can make individual decisions to use it or not.

Pregnant or Breastfeeding Women

The other group of people who should not use cannabis or hemp is that of pregnant women. Pregnancy brings a lot of complications to a woman, and cannabis shouldn't be taken in such conditions. Besides cannabis, it is not recommended for a pregnant woman to use any type of drugs without a doctor's prescription. Cannabis, on its side, can have various effects on both the mother and child. Studies have shown that combining cannabis and tobacco in pregnant women can lead to premature delivery or miscarriage. Furthermore, cannabis can also lead to having an underweight child at birth. The drug might affect the child severely, leading to low levels of alertness and slow growth after birth. As soon as you realize you are pregnant, stop using all cannabis products- be it CBD or THC. If you have been using cannabis products for a particular medical condition, consult with your doctor about the way forward.

People with a Family History of Certain Mental Disorders

Psychosis is a condition that impairs a person's sense of reality. A person who suffers from psychosis may develop signs such as hallucinations and delusions. If you are born from a family with a history of conditions such as psychosis, bipolar, or schizophrenia, you should avoid using THC products. Studies have found out that cannabis may trigger psychotic reactions and, as a result, trigger

similar conditions. As we have already mentioned, cannabis is a psychoactive drug and is likely to alter the normal functioning of the brain. If you consume THC in large amounts, you may trigger these conditions and may lead to long-lasting psychotic conditions.

People with Serious Liver, Kidney, Heart, or Lung Disease

The other group that should avoid cannabis is that of people who suffer from serious organ diseases. Studies have shown that excessive use of cannabis, especially among smokers, can lead to organ failure. Among the organs that are affected by excessive consumption of cannabis include the lungs, liver, kidney, and heart. If you suffer from any condition or if you are on medication for any condition related to these organs, you should stay away from cannabis. It is particularly important to avoid high amounts of THC if you suffer from serious organ failure. However, cannabis used in the right doses can also help treat some of these organs. Look at the uses of cannabis in our first chapter to determine the conditions that can be treated by the consumption of regulated amounts of CBD/ THC.

People with a History of Depression

One of the conditions we have seen that could be treated with cannabis is depression; however, as to whether cannabis can treat depression or not depends on the person and the strain of cannabis to be used. As we have already stated, one person might get healed from depression by taking cannabis while another person might trigger the condition. If you come from a family with a history of depression, you might be at the risk of triggering the condition just by using cannabis products. If you know that you are at the risk of depression, do not use cannabis unless you are trying to treat a condition that already exists.

People Taking Other Medications

Lastly, you should not take cannabis as a treatment for conditions which are already being treated by other medication. People who are on medication should avoid using either CBD or THC rich foods since they may affect the drug intake. Cannabis might slow the rate of drug intake or even reduce the effectiveness of the drug. If you were already using cannabis before the prescription, talk to your doctor about the possibility of combining your drug with the cannabis.

How to Determine Cannabis Overdose

It is possible for a person to overdose on cannabis, even the most ardent user of the drug. As a matter of fact, people overdose on cannabis regularly, but some don't even notice it is an overdose. The only point when a person notices an overdose is in case of a green out. If your green out on cannabis, you may not be able to do anything for a very long time. If you are serving a cannabis enriched meal, you should always be on the lookout for signs of overdose. This means that you should be aware of the signs and symptoms of overdose. In some instances, the signs of an overdose might be hard to spot if the affected party does not speak out. Some of the common signs and symptoms of overdose include:

Extreme Anxiety or Panic Attacks

The most common sign of cannabis overdose is panic attacks. If a person consumes too much THC, they may experience panic attacks and anxiety. The signs of panic attacks include sweating of hands and the body, breathing heavily, extreme fear, among others. Any person who suffers from anxiety and panic attacks may make irrational decisions. Such a person is extremely defensive and can easily get into fights at any time.

Psychotic Reactions

There are many psychotic reactions that are associated with cannabis. If you overdose on THC, chances are that you may experience some psychotic reactions. A person who suffers from psychotic reactions loses touch with reality and may have symptoms such as hallucinations, delusions, and loss of personal identity. Such a person may also become paranoid. If you use too much of the drug, you may constantly think that people are out to take your possessions to harm you. If you see a person start to show such signs, you should take action to help them recover from the overdose.

Impaired Judgment

Another common symptom of an overdose is a decrease in judgment. A person who ends up using too much cannabis might have a poor judgment of situations. For instance, such a person might miscalculate the distances when driving and end up getting into accidents. If you feel that your mind is not stable after consuming cannabis, you should not drive or get involved in activities that may

consuming cannabis, you should not drive or get involved in activities that may be dangerous.

A Fast Heart Rate, Chest Pain, or Heart Attack

The use of THC affects the flow of blood in the body. As we have already mentioned, cannabis has an effect on blood flow, blood sugar, and insulin levels. All of these factors can affect the heart. If you overdose on cannabis, there is a possibility that you will experience a fast heart rate. This is especially common in people who suffer from high blood pressure and other heart conditions. It is, therefore, advisable for such individuals to stay away from cannabis. If you're on heart disease medication or you suffer from any heart condition, do not get used to taking too much cannabis in your foods. The other symptoms that might be accompanied by a fast heart rate include chest pains and even the possibility of a heart attack.

Uncontrollable Shaking or Seizures

While cannabis can help treat seizures, there is evidence that it can also trigger seizures. Cannabis, particularly CBD, is employed in the treatment of seizures in epileptic individuals. However, those who do not have epilepsy might trigger the condition by using cannabis. If you come from a family with a history of epilepsy, chances are that consuming cannabis might trigger the condition. If you have been suffering from epilepsy or you come from a family with a history of epilepsy, you should avoid taking cannabis in any instance. You are only allowed to use CBD to treat epilepsy if you are currently suffering from it. Otherwise, stay away from cannabis to avoid triggering the condition into action.

Pale Skin Color and Dried Lips

The other common sign of cannabis overdose is pale skin. When cannabis is consumed in large amounts, it might affect the flow of blood in the body. If the heart rate increases or slows down, the regular flow of blood in the body will be affected significantly. This leads to a lack of blood under the skin of some people. If you notice that your skin is turning pale, your eyes are turning red, or your lips are extremely dry, you should know that you have had too much THC. To avoid the dry mouth or pale skin, stick to the recommended doses of THC and CBD.

Unresponsiveness

The other possible side effect of cannabis overdose is unresponsiveness. If a person greens out on the drug, he/she might become completely unresponsive in certain situations. As we have already seen, overdose can also lead to a slowed reaction. However, in the worst case, a person might completely lose response. In some cases, a person might lose body strength and be unable to wake up after consuming the drug. To avoid such situations, only consume the recommended amounts of THC and CBD.

Sudden High Blood Pressure with Headache

The other common symptom of overdosing on cannabis is a severe headache. Most people experience headaches as a side effect of cannabis. However, this only occurs in case of an overdose. If you feel the pressure in your veins is getting high, you should know that you have overdosed on cannabis. The headaches associated with cannabis usually lead to pressure behind the eyes and can cause pain in the eyes. If you experience such symptoms, you should take action to control the overdose.

Nausea and Vomiting

Although this does not occur to many people, there are those who may experience nausea and vomiting in case they overdose on cannabis. This is one of the side effects of THC. This especially occurs in cases where raw cannabis leaves or buds are used in cooking meals. To avoid experiencing this, make sure you start by preparing cannabis butter or oil then use it for cooking your meals.

How to Deal with Cannabis Overdose

Although the signs and associated with cannabis overdose are rare, they may occur. Most people do not prepare for such eventualities when using cannabis. To be on the safe side, you should always be prepared to deal with any instance of cannabis overdose. If you or someone in your family overdoses on cannabis, there are certain measures you can take to restore normalcy. These measures are not sure proof treatment, but they can help save lives or reduce damages. Some of the actions you can take include:

Take a Nap

If you start experiencing symptoms such as anxiety and panic attacks, you could take a nap. Although getting sleep in such moments is never easy, there are not

many ways to calm your mind down. If you can manage to get sleep even if it is just for 2 hours, it will help your body process the drug and deal with all the symptoms. In essence, there is no treatment for cannabis overdose. The only way out is to let the drug walk its way through the system. Taking a nap just distracts your mind from giving the body sufficient time to process the drug. After a few hours of sleep, the drug will have been processed, and the symptoms will disappear.

Take a Cold Shower

The other remedy to cannabis overdose is drinking plenty of water. Water offers the perfect solution to individuals who experience side effects such as headaches, fast heart rate, hallucinations, etc. Most of these symptoms are caused by an increased heart rate. Due to the presence of THC and other cannabinoids in the body, your mind might react to the drug leading to plenty of activities in the body. These activities may affect the overall body function and blood flow to all parts of the body. Taking a cold shower will help cool your body, calm your nerves, and restore the body to normal functioning. For a person who has blacked out due to taking too much cannabis, you could also help wake them up by pouring cold water over their body. The cold water stimulates the nerves to make the body responsive again. As we have seen, one of the common signs of cannabis overdose is unresponsiveness.

Drink Plenty of Water

The other way to deal with cannabis overdose is by drinking plenty of water. Water helps clean the blood system so that you do not have to deal with the side effects of the drug. For a person experiencing headaches, hallucinations, dry lips, and pale skin, the best way out is to drink plenty of water. As mentioned above, there is no particular treatment for having too much cannabis in your system. The best solution is to allow the drug to work a way out of the system. Drinking plenty of water helps you in two ways. First, it helps restore the normal flow of blood to all of the body. This might help deal with conditions such as pale skin. Secondly, the water helps you flush out the drug from the system. By drinking plenty of water, you are forced to visit the washroom several times hence flushing out the drug. Furthermore, the fact that you flush the drug out of the system helps protect the delicate body organs such as the liver and kidneys.

Take Pain Killers

The other remedy for a person who has overdosed on cannabis is taking painkillers. The painkillers are just meant to help you deal with painful side effects such as headaches and high blood pressure. However, the painkillers do not stop the drug from working within the body. If you are experiencing symptoms such as anxiety and panic attacks, you may also use sleeping pills to help you doze off. As we have seen, one of the ways to deal with the effects of cannabis is by taking a nap. If there is a drug that will help you take a nap for a few hours, you could use it so that by the time you wake up, your body will have cleaned out the excess THC or CBD from your blood.

Visit the Emergency Room

Lastly, it is important to always have emergency numbers on your speed dial. Cannabis side effects, such as heart attacks, can be fatal. This is the reason why I recommend asking everyone on the dinner table about the possibility of having underlying conditions such as diabetes and blood disease before serving cannabis foods. There are some people who just serve cannabis dishes to guests without inquiring about such conditions. In such an instance, you might find yourself dealing with serious side effects such as high blood pressure, heart attacks, fainting, among others. If such happens, your first step should be calling the emergency room. Request to have an ambulance immediately and send the affected person to the emergency room as quickly as possible.

Frequently Asked Questions about Cannabis Edibles

Although this book tries to answer all questions regarding the use of cannabis in foods, there are still some questions that you may have. I have sampled some of the questions that are commonly asked in regard to using cannabis in foods. These questions have been answered throughout the book, and I will just be giving clarifications.

Can cannabis edibles make you high?

This is one of the most common questions in regard to the use of cannabis edibles. The short answer is yes; if you eat too many cannabis foods that are cooked with THC potent strains, you will get high. With that said, as to whether you get high or not depends on several factors. First, it depends on the number of edibles you consume per day. Secondly, it depends on the THC potency of the cannabis strain you have used. If you prepare your cannabis edibles with hemp butter, you will never get high. Hemp is a type of Cannabis Sativa that does not

butter, you will never get high. Hemp is a type of Cannabis Sativa that does not contain significant THC. In other words, you can consume as many snarks as possible, but you will not get high. However, if you consume marijuana edibles that are enriched with THC, you are likely to get high very fast. As a matter of fact, you do not have to consume a lot of edibles to get high. As you can see from our calculations above, just 1 gram of cannabis butter is enough to make food to serve up to 5 people. If you use 1 gram on your own, chances are that you will get high.

How many cannabis edibles should I take?

The number of cannabis edible you can take depends on the amount of cannabis used in cooking them. From our calculations, we determine the amount of cannabis butter to use in our recipe from the number of servings to be prepared. If you know that you will have to consume more than 1 serving of the food, make sure you reduce the potency of the drug in it. For instance, the recommended daily intake of THC for beginners is between 1 and 5 mg. If you wish to take more than 1 serving of the dish, ensure that each serving contains about 1 to 2 mg of TH. This way, you can take up to 2 servings of the dish, without necessarily getting high.

What is the difference between edibles and other forms of cannabis consumption?

The main difference between cannabis edibles and other forms of cannabis is that edibles are much healthier and safer. When you consume cannabis edibles, you do not expose yourself to the risks associated with smoking, vaping, or dabbing. In most cases, other forms of consumption often lead to overdose. For instance, dabbing involves direct ingestion of highly potent cannabis extracts such as hash oil. Given that consuming just 1 gram of cannabis butter can lead to overdose, as we have seen, a person who consumes several grams of pure cannabis extract will definitely overdose. Those who consume cannabis through smoking, vaping and dabbing are more likely to experience the side effects of the drug. Those who only use cannabis in foods are more likely to experience the health benefits of the drug.

In most cases, cannabis in foods is used to prevent or control certain conditions. On the other hand, smoking, vaping, and dabbing are used for recreational purposes. Most importantly, cannabis edibles that do not contain THC can be served to children. However, children may be severely affected if they use other methods of cannabis consumption.

Are cannabis edibles legal in my state?

The answer to this question can be both yes and no. This depends on the state where you reside. If your state legalizes recreational cannabis, then cooking your food with the drug might not be a big deal. However, if your state only legalizes medicinal cannabis, you may find yourself in trouble for cooking with cannabis. However, in case you wish to use cannabis edibles in a state that legalizes medicinal use only, stick to hemp edibles. Hemp edibles are often not treated as recreational substances. Although you may still get arrested, you can argue your case out in court.

Should I serve cannabis edibles to my kids?

Yes and no. If your state legalizes the use of recreational cannabis and you happen to cook THC potent foods, do not serve them to your kids. However, if you happen to prepare some delicious hemp foods, they will not have any effect on your children. Hemp contains little THC and can be consumed by people of all ages.

Conclusion

I believe you have learned a lot about preparing cannabis and hemp desserts. If you have been keen from the start, we have looked at all the factors that count when it comes to using cannabis. We have looked at cannabis as a drug, its uses, its benefits, and its side effects. We have also tried to elaborate on what cannabis means, the differences between hemp, marijuana, and cannabis, and also the uses of each of these substances. By now, you should be able to start preparing your cannabis desserts and enjoy your meals at home.

This book covers 4 key areas of interest to a person using cannabis. Whether you use cannabis for medicinal or recreational purposes, there is something for you in the book. In the first section, we mainly focus on providing general information about cannabis. We deal with the myths and lies that are out there about cannabis. We help you differentiate terms and understand what each term you hear on the streets means. We also help you get the facts about cannabis and its uses.

In the second section of the book, we focus on preparing cannabis/ hemp butter, oil, and tincture. For any good recipe involving cannabis, you will either use butter, oil, or tincture. Good cannabis foods are not cooked with raw leaves of flowers. In this section, we provide several recipes for the preparation of these cannabis products. We also provide general information on how to store and preserve them for future use.

In the third section, we introduce you to diverse cannabis dessert recipes from across the world. The book covers over 25 unique cannabis desserts from across the world without being limited to one culture. We look at no-bake desserts, chocolate, and candies, pastries, and jellied desserts, among others. The main purpose of this book is to give you a variety of options to choose from. The wide range of recipes gives you the freedom to choose an option that works for you and your family. We provide plenty of recipes that can be completed in just a few steps and are ideal for all people, even those who can’t cook.

In the last section of the book, we look at the risks involved in using cannabis products. We also look at precautions that you can take to protect your loved ones from overdosing on the drug. We also look at the possible side effects of cannabis on special groups of people. The book provides a comprehensive list of people who should not use cannabis and offers guidance on how to deal with situations in case of overdose.

situations in case of overdose.

If you are looking for new ways to enjoy cannabis, this book is for you. If you do not enjoy smoking, dabbing, and vaping, but you wish to tap into the health benefits of cannabis, this book is for you. The book offers value for both recreational and medicinal users of cannabis. You do not have to be an expert cook to enjoy the recipes we have provided. These recipes are simple and direct and can be cooked by all people. If you are out there looking for a way to cook new foods, entertain your guests, and have fun in the kitchen, this book is also for you.

Have fun in all your endeavors, and good luck.

If you enjoyed this book, would you please consider leaving a review online where you purchased it? Online reviews really help me reach a wider audience. Thanks in advance!